

February 2025

Happiness Calendar

This month, spread love in your corner of the world.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GG Greater Good
SC Science Center

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1 Reach out to an old friend.

2 Be someone's cheerleader.

3 Read an engaging book.

4 Notice the good in the world.

5 Try to be less critical.

6 Be a possibilist: Believe that what you do matters.

7 Read our best articles of 2024.

8 Join a community organization.

9 Help a stranger.

10 Choose hope over cynicism.

11 Do something new and exciting with your partner.

12 Befriend someone of a different age.

13 Meditate on new beginnings.

14 Remember a moment when you felt deeply connected.

15 Teach young people to care for the environment.

16 Stand up for what you believe in.

17 Listen with compassion.

18 Be curious during a disagreement.

19 Take a moment to care for yourself when you're struggling.

20 Spend time with a loved one.

21 Get out of your comfort zone.

22 Dance.

23 How grateful are you? Take our quiz to find out.

24 Take a walk and look for beauty.

25 Apply for a love grant from the GGSC.

26 Take a break from screens.

27 Prioritize good sleep.

28 Look for ways to cooperate.

