

February 2026

Happiness Calendar

This month, act from a place of love.

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
1 See the positive in a negative situation.	2 Listen with compassion .	3 Take our Science of Happiness at Work course.	4 Advocate for yourself as a patient.	5 Read uplifting news stories.	6 Reflect on someone who inspires you .	7 Share a story that's meaningful to you.
8 Spread love in the world.	9 Treat yourself the way a kind friend would.	10 Take responsibility for mistakes .	11 Take a small action according to your values.	12 Show respect across differences .	13 Take time today to journal.	14 Tell people why they matter to you .
15 Do something restorative and fulfilling .	16 Offer a genuine apology .	17 Forgive yourself .	18 Stand up for what you believe in .	19 Try some meditative movement .	20 Be cooperative .	21 Embrace your playful side .
22 Say thank you to people doing good .	23 Cultivate a friendship at work .	24 Make small talk with a stranger.	25 Spend time with people who are different from you .	26 How altruistic are you? Take our quiz to find out.	27 Try to avoid defensiveness .	28 Embrace your connection with all humans.



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