

February 2021 Happiness Calendar

This month, share the love and find some healing.

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 For Black History Month , our anti-racist resources offer insights to help reduce prejudice.	2 Review your goals for the year to make sure they're meaningful and achievable.	3 Recall a time someone offered you love and support .	4 Listen to our top Science of Happiness podcast episodes of 2020.	5 Reflect on what you have learned from the pandemic so far.	6 Find a diverse, inclusive film to watch this weekend.
7 Here are some tips for talking with young people about today's tense political climate .	8 Read our best education articles from 2020.	9 Build some rewards into your habits to boost your motivation .	10 Write a gratitude letter to someone you never properly thanked.	11 Practice deep listening to find the humanity in people who seem different from you.	12 Give yourself a pep talk when you feel like you want to quit.	13 Is your relationship defined by honesty or suspicion? Take our Relationship Trust quiz .
14 Seek out moments of positivity and connection in your relationship .	15 Join us tomorrow for a workshop on mindful self-compassion .	16 You're doing enough ; resist the pressure to always be more productive.	17 Happy Random Acts of Kindness Day! Will you take part?	18 Read about the power of storytelling in Black American history.	19 Reach out to a friend or acquaintance today to strengthen your connection .	20 Your personality may make it harder for you to shelter in place . Thanks for doing your part!
21 Aim for empathy and understanding when talking to people you disagree with.	22 Decide on your priorities for the day and write down a schedule.	23 For teachers, show care and understanding to help your students feel like they belong.	24 Appreciate how much richness and emotion people's facial expressions can convey.	25 Try making small talk with strangers —while being sensitive to your own and others' safety.	26 If you are ready to forgive someone , follow these eight steps.	27 To boost your empathy , don't jump to conclusions about other people.
28 Seek out wonder and beauty in your environment today.						