

February 2023

Happiness Calendar

This month, see the beauty and goodness in others.

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 Catch up on the best Greater Good articles from the past year.	2 Go out and spend time in your local community today.	3 Read about the power of storytelling in Black American history.	4 Let yourself be inspired by kindness, courage, and resilience in other people.
5 Allow yourself a little time to daydream .	6 Let go of trying to force people to change .	7 Remember that your sorrows and struggles are part of being human.	8 Spend quality time with a loved one.	9 Do something kind for a stranger .	10 Extend your kindness and care to animals .	11 Reflect on what's important to you in life and how you might achieve it.
12 Consider what spirituality means to you .	13 Sit with the discomfort of uncertainty .	14 Do something silly to make your partner smile .	15 Look for the beauty in the people around you.	16 Try out our new and improved Pathway to Happiness program.	17 Find time for a workout—or just get your body moving .	18 Don't take disagreements personally .
19 Look for ways to volunteer this year .	20 Appreciate a community that you belong to and how it enhances your life.	21 Journal about your good qualities .	22 Practice loving-kindness meditation .	23 Look for common ground with other people.	24 Gaze up at the sky .	25 Give thanks to a family member .
26 How strong are your social connections? Take our quiz to find out.	27 Don't be hard on yourself for procrastinating .	28 Connect with the serenity and wonder of nature , no matter where you are.				

GGSC Greater Good Science Center

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