

January 2024

Happiness Calendar

This month, find what inspires you.

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
 <p>1 Sign up for our newsletter series on making and keeping good habits.</p>	<p>1 Sign up for our newsletter series on making and keeping good habits.</p>	<p>2 Be kind to yourself as the new year begins.</p>	<p>3 Invest time and energy in your friendships.</p>	<p>4 Break down a big goal into smaller steps.</p>	<p>5 Remind yourself of the larger purpose of your work.</p>	<p>6 Read a good book.</p>
<p>7 Reflect on a boundary you'd like to set.</p>	<p>8 Write a gratitude letter to someone.</p>	<p>9 Lean on faith, spirituality, or whatever gives you meaning in life.</p>	<p>10 Try a body scan meditation.</p>	<p>11 Apologize when you've hurt someone.</p>	<p>12 Learn how to create courageous classrooms.</p>	<p>13 Identify role models who make you feel hopeful.</p>
<p>14 Be open-minded and curious in a conversation.</p>	<p>15 Stand up for what you believe in.</p>	<p>16 Look for acts of goodness around you.</p>	<p>17 How big is your circle of concern? Take our quiz to find out.</p>	<p>18 Sleep better by getting some sunlight in the morning.</p>	<p>19 Explore your neighborhood.</p>	<p>20 Take photos of things that are meaningful to you in life.</p>
<p>21 Try to forgive yourself for your mistakes.</p>	<p>22 Be a kindness role model.</p>	<p>23 Seek out awe on your next walk.</p>	<p>24 Cook a meal that reflects your culture.</p>	<p>25 Think about something you're looking forward to.</p>	<p>26 Look for beauty even amid pain and difficulty.</p>	<p>27 Take a nap.</p>
<p>28 Use technology to connect with others.</p>	<p>29 Question the drive for constant achievement.</p>	<p>30 Notice whether your daily habits are serving you well.</p>	<p>31 Imagine how you could be more courageous in your own life.</p>			

 Greater Good Science Center

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