

# January 2022 Happiness Calendar

This month, find your motivation and purpose.

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

ggsc.berkeley.edu  
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**1** Slow down to **savor happy moments** with loved ones.

**2** Give yourself **warmth and understanding** when you're struggling.

**3** Reflect on **something you're grateful for** today.

**4** **Take photos** of things that are meaningful to you.

**5** **Start a good book**, like one of our favorite science books of 2021!

**6** Skip the small talk and **connect more deeply with strangers**.

**7** Find ways to **support the young people in your life** as they grow.

**8** **How forgiving are you?** Take our quiz to find out.

**9** Consider what **lessons you've learned during the pandemic**.

**10** To **find your purpose**, think about what your strengths and passions are.

**11** **Perform a random act of kindness**.

**12** Get the Greater Good Toolkit with **30 practices for well-being** this year.

**13** Cultivate a craft or hobby that gives you **a sense of flow**.

**14** **Identify a larger goal you want to pursue** as part of a group or community this year.

**15** **Help your child get motivated** by tapping into their inner superhero.

**16** **Share the positivity**: Post online about something that went well for you today.

**17** Think about ways you could **diversify your social network**.

**18** Try our one-month **Pathway to Happiness program**.

**19** **Reflect on the values** that are important to you.

**20** Pay more attention to **how you communicate with others**.

**21** **Struggling as a parent?** Get some expert advice.

**22** **Watch a play, musical, or inspiring movie**.

**23** **Enjoy some nature** with your family.

**24** Make sure to **get up and move your body** today.

**25** Try to **limit multitasking** to feel less exhausted.

**26** Be open to **learning from friends who are different from you**.

**27** **Recommit to your New Year's resolutions**.

**28** **Don't believe everything you read online**.

**29** **Take a nap!**

**30** **Cultivate a spiritual practice** (whatever that means to you).

**31** Take our Science of Happiness at Work courses to **be happier on the job**.

Happy 2022!