

March 2024 Happiness Calendar

This month, be a force for good.

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

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1 Channel your anger toward solving a problem.

2 How altruistic are you? Take our quiz to find out.

3 Give yourself permission to say "no."

4 When you feel overwhelmed, remind yourself: "I am in the process of learning."

5 Learn about curiosity at our book event on March 14.

6 In a conflict, identify goals you have in common.

7 Improve your memory by focusing on what's new and unexpected.

8 Appreciate the women in your life.

9 Seek out positive, inspiring news stories.

10 Make space for challenging emotions.

11 Recognize how your economic situation affects your happiness.

12 Show affection to people you care about.

13 Add plants to your space.

14 Support your coworkers.

15 Identify one of your values and how to spend more time on it.

16 Share your good news with others.

17 Show yourself some kindness and gratitude.

18 Deliberately turn away from hate.

19 Look for ways to let loose and be more flexible.

20 Happy International Day of Happiness!

21 Spend quality time with your loved ones.

22 See what you can learn from your inner child.

23 Appreciate what your body does for you.

24 Do a random act of kindness.

25 Soothe the places inside you that hurt.

26 Give a little extra attention to people you encounter in passing.

27 Get out and play.

28 When someone talks, suspend your judgment and just listen.

29 Attend our Mindful Self-Compassion training in May.

30 Be a safe place for young people to express themselves.

31 See your interconnections with other humans.

