

March 2023

Happiness Calendar

This month, nurture your relationships each day.

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 Listen to one of your favorite songs.

2 To achieve your goals, anticipate obstacles you might encounter.

3 Ask for what you need from others.

4 Chat with a friend today.

5 Reflect on your strengths and how they've shaped your life.

6 Take our Science of Happiness at Work course.

7 Make small talk with a stranger.

8 Celebrate International Women's Day with resources for women's well-being.

9 Be curious about other people's lives.

10 Get out in nature to **reset a bad day**.

11 Enjoy moments of solitude.

12 Give to a cause that matters to you.

13 Write a to-do list for the day.

14 Speak out when you witness prejudice.

15 How grateful are you? Take our quiz to find out.

16 When you're stressed, focus on what you can control.

17 Try a Common Humanity Meditation to see how we're all connected.

18 Help young people get involved in real-world issues.

19 Rearrange your space to feel more joyful and connected.

20 Give your loved ones your full attention.

21 Take a break from technology at some point today.

22 Consider forgiving someone who hurt you.

23 Be open to changing your perspective in a conversation.

24 Listen to awe-inspiring music.

25 Stay connected to your culture.

26 Be sensitive to other people's suffering.

27 Pause and take a few deep, mindful breaths.

28 Look for bias embedded in larger systems, not just individuals.

29 Schedule meaningful activities in your day.

30 Consider what you can do about gun violence.

31 Remember happy moments with your family.

