## December 2018 Happiness Calendar

Celebrate the last month of the year with kindness and optimism!

### SUNDAY  |  MONDAY  |  TUESDAY  |  WEDNESDAY  |  THURSDAY  |  FRIDAY  |  SATURDAY
---|---|---|---|---|---|---
2  |  Meditation isn’t just good for your mind. Here are five ways it’s good for your body.  |  3  |  Is your romantic relationship defined by honesty and trust? Find out with our quiz.  |  4  |  Learn why relationship expert John Gottman thinks trust is vital—and how you can build it.  |  5  |  Are your apologies lackluster? Learn a better way to say sorry.  |  6  |  Physical touch is important to our well being. Find out why.  |  7  |  Inspire your kids to be kind by practicing kindness yourself.  |  8  |  Boost your optimism with a practice that helps you look on the bright side of life.  |
9  |  Has work been getting you down? Here’s how to feel more positive.  |  10  |  It’s International Day of Human Rights. Here’s how to sustain your activism.  |  11  |  Being betrayed by a romantic partner can be devastating. You can survive. Here’s how.  |  12  |  Check out Christine Carter’s advice for raising kind, happy kids.  |  13  |  ‘Tis the season of caring. Try this practice to overcome barriers to generosity.  |  14  |  You can change your life through the power of learning. You’re never too old!  |  15  |  Is your to-do list stressing you out? Try a mindful breathing practice.  |
16  |  Teenagers need space. But how much should you give them?  |  17  |  Make generosity a family tradition.  |  18  |  Here are some de-stress tips to really make this “the most wonderful time of the year.”  |  19  |  Are you a giver or a Grinch? Find out with our altruism quiz.  |  20  |  Being kind can make you happy! Find out which kindness practice is right for you.  |  21  |  Find out why gathering around the table can bring so much happiness and comfort.  |  22  |  Christine Carter has tips for enjoying the holidays in this video.  |
23  |  This season, give back with random acts of kindness.  |  24  |  Not digging time spent with relatives? Check out these 3 strategies for coping.  |  25  |  The GGSC wishes you a wonderful holiday!  |  26  |  Foster little moments of gratitude with your kids during their winter break.  |  27  |  Having feelings about your feelings is normal. Learn more.  |  28  |  Thinking about your personal strengths can make you happy.  |  29  |  Positive thinking isn’t always easy. Here’s how to get started.  |
30  |  Science is finding that being in the water can make us happier & healthier. Dive in today!  |  31  |  Happy (almost) New Year! Here are 3 resolutions that can make you happy.  |  |  |  |  |  |  |  |  |