

January 2020

Happiness Calendar

Make 2020 the year you decide to choose happiness & meaning!

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 Happy New Year!
Go ahead and set some intentions for 2020.

2 Got resolutions?
Here are the 3 most important tactics for keeping them.

3 2020 is the year to **make self-compassion one of your resolutions.**

4 Here's how to make New Year's **resolutions that feel good.**

5 Help your kids (and you) thrive: check out our top parenting books of 2019.

6 Take a gander at the top 10 "**science of happiness**" insights from 2019.

7 Thinking of trying out a new diet this year? Why not **eat for happiness?**

8 More for your reading list: our **top books of 2019.**

9 Find out what happened when **Nancy Davis Kho wrote her mom a thank you.**

10 Here's how one woman finds **wonder in the ordinary.**

11 You are love-able. That's the message to take away from the new Mr. Rogers film.

12 It's National Youth Day. Here's how to **help young people transition to adulthood.**

13 Looking for a good read to start 2020? Check out these inspiring novels and memoirs.

14 A sense of awe can make us more humble. Here's how that can improve arguments.

15 Our podcast explores how to **be less hard on yourself.**

16 Going through some difficult times? Here's how gratitude can help.

17 Have you tried out all of our **Greater Good quizzes?**

18 You can **break free of emotional eating.** Here's how to start.

19 Is 2020 the year you'll finally **try mindfulness?**

20 Check out this video of **Jakada Imani** talking about **Martin Luther King Jr.** and the power of faith.

21 Check out these three mindset shifts that can **help kids succeed.**

22 Are your little ones impatient? Here's how to help them learn to wait.

23 Here are five surprising ways **exercise changes your brain.**

24 Learn how to **prime your mind for optimism.**

25 Feeling **stressed or upset?** Here's why you shouldn't hibernate.

26 Thinking of **taking a Facebook break?** Here's what can happen.

27 Don't forget about this mindfulness skill that's crucial for **resilience against stress.**

28 You can **be authentic at work** without being cruel. Here's how.

29 Hear about the latest in the field of **Positive Psychology** straight from the researchers.

30 Stand up for what's right. Here's how.

31 Happy National Fun at Work Day! Here's how **humor can improve your work life.**

