

# 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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



**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** Find out what you can learn about **changing your habits** from our podcast.

**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.**

