

January 2023

Happiness Calendar

This month, move your body and move forward.

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
1 Relationships, career, healing? Reflect on your priorities for the new year.	2 Be kind to yourself when you struggle with your goals.	3 Reconnect with an old friend.	4 Appreciate a beautiful moment in your day.	5 Set boundaries to keep work from taking over your life.	6 Take our Science of Happiness course this year.	7 Text a thank you to someone.
8 Pick up a new book to read.	9 Find a spot in nature that helps you connect to yourself and the earth.	10 Make amends when you've hurt someone.	11 Break down a bigger goal into smaller tasks.	12 Practice a body scan meditation.	13 Get up and dance, clap, and groove to the music!	14 When a negative emotion grips you , name it out loud.
15 Find a hopeful, uplifting movie or TV show to watch.	16 Join a movement you believe in.	17 Prioritize sleep when your life gets stressful.	18 Make an effort to connect with people who are different from you.	19 Get some early-morning sunlight to combat winter blues.	20 Set an intention for the day.	21 Stretch and mobilize your body.
22 Make small talk with a stranger.	23 Experiment with mini breaks from social media.	24 Journal about a time you felt very connected to others.	25 Connect with your surroundings with each of your five senses.	26 Marvel at how tiny decisions changed the course of your life for the better.	27 How stressed and anxious are you? Take our quiz to find out.	28 Try to make someone laugh today.
29 Be open to learning from people with different perspectives.	30 Show your appreciation for a teacher.	31 Identify a hero of yours who makes you feel hopeful.				
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