



April 2023

Happiness Calendar

This month, cultivate your inner strength.

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
 Greater Good Science Center <small>ggscc.berkeley.edu greatergood.berkeley.edu</small>						1 Seek out friends with shared interests .
2 What are your good qualities ? Identify one you can lean on today.	3 When the world seems dreary, look for ways to help others .	4 Find strength in the ways you quietly persevere.	5 Look for a mentor to help you at work.	6 How well do you read people ? Take our quiz to find out.	7 Reflect on what happiness means to you and your culture.	8 Watch an inspiring movie .
9 Try to get a good night's sleep .	10 Dream about your best life —and take one step toward it.	11 Show your love to the people around you.	12 Find some solitude when you feel overwhelmed.	13 Connect with an animal .	14 Stand up for gender equality .	15 Meditate on a memory or place that gives you a feeling of resilience .
16 Check in about the division of labor with your partner or roommate.	17 When you feel stressed , analyze the situation from an observer's perspective.	18 Ask more questions to understand other people's points of view .	19 Look up at the sky for a dose of awe .	20 Try to see mistakes as a pathway to learning .	21 Pick a strength that you want to work on cultivating .	22 Listen to our podcast series on climate hope .
23 Set a boundary to protect yourself .	24 Put yourself in someone else's shoes .	25 Take five minutes to breathe deeply, with long exhales .	26 Ask kids what lessons they're learning from movies and TV .	27 Talk to your partner about your finances .	28 To solve a moral dilemma , ask: Would I broadcast my choice to the world?	29 Find ways to donate or volunteer in your community.
30 Try a body scan to connect with the present moment .	