

January 2025

Happiness Calendar

This month, start the year with kindness.

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 ggsc.berkeley.edu greatergood.berkeley.edu			1 Start a small new habit .	2 Read a good book .	3 Look for the goodness in other people.	4 Take a walk to calm your stress .
5 Show appreciation to your family.	6 Spend time with people who inspire you .	7 Commit to being part of positive change in the world .	8 Care for yourself when you're struggling.	9 Be kind to strangers .	10 Slow down and savor happy moments .	11 Consider giving someone a second chance .
12 Go outdoors in the sun.	13 Show your authentic self .	14 Ask for help at work .	15 Read fiction .	16 How strong is your emotional intelligence? Take our quiz to find out.	17 Break down a big goal into small steps .	18 Hug a loved one .
19 Say thank you .	20 Hold on to hope for the future .	21 Engage in mindful movement .	22 Treat yourself the way a good friend would treat you.	23 Reflect on the values that are important to you .	24 Be willing to doubt and ask questions.	25 Swim—or just enjoy looking at water .
26 Appreciate the everyday blessings you take for granted.	27 Enroll in the Greater Good Training for Health Professionals .	28 Keep an eye out for little moments of awe .	29 Get curious about conflicting viewpoints .	30 Look forward to positive events .	31 Do something nice for someone you love.	