

# January 2018 Happiness Calendar

The Greater Good Science Center's research-tested tools and tips can start your year off right.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1 Looking for lasting resolutions?</b> Here are 3 that will make you happy, not frustrated.</p>	<p><b>2</b> Try some <b>Random Acts of Kindness</b>. They benefit the receiver <i>and</i> the giver.</p>	<p><b>3</b> Find <b>unshakeable resilience</b> with help from neuropsychologist Rick Hanson.</p>	<p><b>4</b> Tune into the positive things in your life with <b>Three Good Things</b>.</p>	<p><b>5</b> Get your read on! Check out our <b>best books of 2017</b> to get some ideas.</p>	<p><b>6</b> <b>Could your life be more awe-some?</b> Find out with a quick quiz.</p>
<p><b>7</b> Boost the amount of awe in your life with a <b>walking meditation</b>.</p>	<p><b>8</b> Get inspired: Our <b>free online course</b>, The Science of Happiness, starts today!</p>	<p><b>9</b> Give yourself a break. Learn about <b>self-compassion</b>.</p>	<p><b>10</b> Inject more meaning in your life by <b>helping others</b>.</p>	<p><b>11</b> Check out more ways to <b>build a meaningful life</b>.</p>	<p><b>12</b> <b>Put on some tunes</b>. Music makes you more creative!</p>	<p><b>13</b> Try out this <b>loving-kindness meditation</b> to cultivate connection with humanity.</p>
<p><b>14</b> <b>Meditation can be fun</b>. Here are some pointers.</p>	<p><b>15</b> It's MLK Day. Learn how you can <b>battle bigotry</b>.</p>	<p><b>16</b> <b>Giving your four-legged friend a cuddle</b> can make you feel great.</p>	<p><b>17</b> <b>Get outside</b>. Nature makes us kinder, happier, and more creative.</p>	<p><b>18</b> Are you a <b>compassionate romantic partner?</b> Take this quiz to find out.</p>	<p><b>19</b> <b>Prioritize sleep</b>. It keeps you healthy and lets you dream.</p>	<p><b>20</b> Having <b>commitment issues?</b> Here's how science can help!</p>
<p><b>21</b> Are you a parent? Here are five ways to <b>raise a grateful (and happy) kid</b>.</p>	<p><b>22</b> Try to <b>find the silver lining</b> to rediscover the bright side of things.</p>	<p><b>23</b> Does your relationship need an <b>empathy boost?</b> Here are some tips.</p>	<p><b>24</b> Make your relationships stronger: put away that phone and <b>connect in real time!</b></p>	<p><b>25</b> Drop your <b>workaholic tendencies</b>. Working more doesn't mean working better.</p>	<p><b>26</b> <b>Tap into your inner creativity</b>.</p>	<p><b>27</b> Learn how to <b>enjoy being alone</b> with your thoughts.</p>
<p><b>28</b> Today is National Have Fun at Work Day. Learn how imagination can <b>make work more positive</b>.</p>	<p><b>29</b> <b>Tickle your funny bone</b> for lasting happiness.</p>	<p><b>30</b> Build up your <b>resilience to stress</b>. Here are 5 science-backed strategies.</p>	<p><b>31</b> <b>Set priorities</b> for the rest of the year with this Goal Visualization practice!</p>		<p>Keep up with the latest on the science of connection, compassion, and happiness by <b>subscribing to our newsletters</b>.</p>	

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