

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

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