

# March 2018 Happiness Calendar

Embrace March with happiness, kindness & resilience.

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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



**1** What's the best way to **start getting happier**? Here's a road map.

**2** **What is mindfulness** and why should you practice it? Here are the basics.

**3** Learn how to create **kindness in the world**.

**4** Discover the benefits of a **Savoring Walk** with **Pixar's Pete Docter**.

**5** **Workplace success and compassion** can go hand-in-hand. Here's how.

**6** Mindfulness can help you **keep your cool during relationship conflicts**.

**7** **How connected do you feel with humankind?** Find out by taking this quiz.

**8** Boost your **feelings of connection with humanity** in this exercise.

**9** **Imagine your best possible self** with this exercise from Greater Good in Action.

**10** What's the **healthiest kind of happiness?**

**11** Acclaimed neuroscientist **Richard Davidson** lays out **four keys to well-being**.

**12** **Boost the love in your life** with these tips and tools.

**13** Find out what one life-long study reveals about the **secrets to a happy life**.

**14** **Learn to let go** with this video featuring **Jack Kornfield** leading a forgiveness meditation.

**15** **Choose goals that make you come alive!**

**16** **Rick Hanson** on how to **grow the good in your brain**.

**17** Why **losing control** can make you happier.

**18** **Thinking of starting a gratitude journal?** Here's how.

**19** Want to **teach your kids a basic meditation practice**? **Christine Carter** can help.

**20** It's the **International Day of Happiness!** Find out how to find more of it!

**21** You need some time to relax. Here's how to **reclaim your weekend**.

**22** You don't have to feel connected every minute of every day. Being alone can **make you more creative**.

**23** Don't value **your personal success** in monetary terms. Here's why.

**24** Calling all teachers: help your **students find three good things** with this practice.

**25** Keep your friends close. **Social support makes you more resilient**.

**26** Can't let things go? **Christine Carter** has some advice on **how to stop being a control freak**.

**27** Guffaw it up! **People who laugh together** like each other more.

**28** Can money buy happiness? It can if you **spend it on experiences**, not things.

**29** Learn how to **hardwire resilience** at tomorrow's event (live & webcast) with **Rick Hanson**.

**30** Can't attend today's event? Listen to **Rick Hanson** talk about the **neuroscience of happiness**.

**31** Discover five science-backed ways to **boost your resilience**.