

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

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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**.