

# February 2018 Happiness Calendar

Keep 2018 going strong, with more connection, purpose & awe.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



**1 Today is the deadline** for teens to submit their essay to our Purpose Challenge!

**2** Everyone is better off with a **life purpose**. Here's how to find yours.

**3** Discover the most exciting recent research on the **science of a meaningful life**.

**4** It's **Rosa Parks Day** in California. Celebrate her legacy by learning to stop the racist in you.

**5** Subscribe to our new podcast, **"The Science of Happiness"**!

**6** Worried about the negative side of social media? Learn how to **use it mindfully**.

**7 Are you stressed out?** Take our quiz to find out!

**8** Too tense? Try this **body scan meditation** to relieve tension.

**9 Don't skip that vacation!** Here's why.

**10 Keep listening to music:** It gives us pleasure and strengthens social bonds.

**11** Are you a parent? Break your phone addiction to **better connect with your kids**.

**12** Watch GGSC founder Dacher Keltner explain why **awe is such an important emotion**.

**13 Get closer to someone special** with these 36 questions.

**14 Happy Valentine's Day!** Here's to building a love that lasts.

**15** You don't need a partner to be happy. Here are some compelling **reasons to stay single**.

**16 Discover what happiness is...**and how to find more of it.

**17** It's **Random Acts of Kindness Day**. Here are 3 ways to bring more kindness into your life.

**18** A great way to bump up the positivity is to **keep a gratitude journal**.

**19** Looking to take a deep dive into the **science of generosity**? Check out this report.

**20** To mark **World Social Justice Day**, watch this video about social justice and empathy.

**21** Confused by the **difference between happiness and meaning**? Here's some guidance.

**22** Discover **Mindfulness & Self-Compassion** at our two-day seminar in Berkeley Feb. 23-24.

**23** Learn about how **mindfulness can help cultivate self-compassion**.

**24** Is it hard to focus during meditation? Here are some tips to **still your wandering mind**.

**25** Interacting with **people who are different than us** makes us more creative.

**26** Learning **how to say "no"** can make your life more manageable. Here's how.

**27** Learn how to **notice nature** in your life every day!

**28** Check out these tips for **staying true to yourself** without letting others down.



Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

ggsc.berkeley.edu  
greatergood.berkeley.edu