

April 2024 Happiness Calendar

This month, play and find joy.

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
	1 Find the humor in your day.	2 Watch an inspiring movie.	3 How forgiving are you? Take our quiz to find out.	4 Make a mini time capsule.	5 Carve out some leisure time.	6 Let go of your assumptions and see the people in front of you.
7 Embrace the uncertainty of life.	8 Spend time with your loved ones.	9 See what you can learn from someone you disagree with.	10 Journal about three good things that happened today.	11 Ask for help when you need it.	12 If you're feeling low, try helping someone else.	13 Express your needs in a relationship.
14 Plan three enjoyable things to do today.	15 Connect with your curiosity for learning.	16 Take a moment to appreciate the people who support you.	17 Show solidarity by listening and hearing other groups' perspectives.	18 Dance!	19 Question the stereotypes you see in the media.	20 Make time for play.
21 Connect across age differences.	22 Take a walk in nature to reconnect with the Earth.	23 Find a doctor who listens and cares.	24 Remember to breathe when difficult emotions arise.	25 Join an affinity group.	26 Question your intuitions before you follow them.	27 See the joy in people around you.
28 Be a responsible citizen.	29 Feel your feet on the ground.	30 Reflect on your life journey so far.				

GGSC Greater Good Science Center

ggsc.berkeley.edu
greatergood.berkeley.edu