

December 2024 Happiness Calendar

This month, find peaceful moments together.

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 Recognize that all emotions come and go .	2 Remember a kind act someone did for you.	3 Be generous.	4 Connect with your sense of purpose .	5 Strive to be a good neighbor .	6 Paint or sketch.	7 Make space to listen to someone who needs it.
8 Marvel at the randomness that brought you to where you are today.	9 Treat other people with dignity.	10 Face your fears little by little.	11 How strong are your social connections? Take our quiz to find out.	12 Spend five minutes paying attention to your breath .	13 Identify shared goals to make collaboration easier .	14 Drink water!
15 Look for successful people who inspire you .	16 Work together for democracy.	17 Slow down and savor the holiday season .	18 Express your opinions with humility.	19 Write a short thank-you note.	20 Move your body.	21 Choose love over hate.
22 Keep up with a family tradition —or create a new one.	23 Delight in the comfort of pets .	24 Spend time in or near water.	25 Ask someone to share their story.	26 Watch a film about people different from you.	27 Spend time with friends.	28 Be with someone when they're struggling.
29 Hold your boundaries to care for yourself.	30 Talk through a conflict.	31 Set a goal or intention for 2025.				


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