

January 2025

Happiness Calendar

This month, start the year with kindness.

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

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1 Start a **small new habit**.

2 Read a **good book**.

3 Look for the **goodness** in other people.

4 Take a walk to **calm your stress**.

5 Show **appreciation** to your family.

6 Spend time with **people who inspire you**.

7 Commit to being part of **positive change in the world**.

8 **Care for yourself** when you're struggling.

9 **Be kind to strangers**.

10 Slow down and **savor happy moments**.

11 Consider giving someone **a second chance**.

12 **Go outdoors** in the sun.

13 Show **your authentic self**.

14 **Ask for help at work**.

15 **Read fiction**.

16 **How strong is your emotional intelligence?** Take our quiz to find out.

17 Break down a **big goal into small steps**.

18 **Hug a loved one**.

19 **Say thank you**.

20 Hold on to **hope for the future**.

21 Engage in **mindful movement**.

22 **Treat yourself** the way a good friend would treat you.

23 Reflect on the **values that are important to you**.

24 **Be willing to doubt** and ask questions.

25 **Swim—or just enjoy looking at water**.

26 Appreciate the **everyday blessings** you take for granted.

27 Enroll in the **Greater Good Training for Health Professionals**.

28 Keep an eye out for little **moments of awe**.

29 Get curious about **conflicting viewpoints**.

30 **Look forward to positive events**.

31 **Do something nice** for someone you love.

