

# April 2025

## Happiness Calendar

This month, invite people in.

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
 <p><b>Greater Good Science Center</b></p> <p>ggsc.berkeley.edu greatergood.berkeley.edu</p>		<p><b>1</b> Observe the <b>beauty of nature</b>.</p>	<p><b>2</b> <b>Help your neighbor</b>.</p>	<p><b>3</b> Reflect on <b>how you deal with conflict</b>.</p>	<p><b>4</b> <b>Follow your curiosity</b>.</p>	<p><b>5</b> <b>See the good</b> in your partner.</p>
<p><b>6</b> <b>Watch an inspiring movie</b>.</p>	<p><b>7</b> <b>Find a common goal</b>.</p>	<p><b>8</b> <b>Reach out</b> to a friend.</p>	<p><b>9</b> <b>Help everyone feel like they belong</b>.</p>	<p><b>10</b> <b>Celebrate someone else's joy</b>.</p>	<p><b>11</b> <b>Make small talk</b> with a stranger.</p>	<p><b>12</b> Invite people to <b>share their beliefs</b>.</p>
<p><b>13</b> <b>Find a local group</b> to join.</p>	<p><b>14</b> Remember <b>a time you felt loved</b>.</p>	<p><b>15</b> <b>Find your voice</b>.</p>	<p><b>16</b> <b>Move your body</b> in a way that feels good.</p>	<p><b>17</b> <b>Help each other</b> through a crisis.</p>	<p><b>18</b> <b>Get involved</b> in a cause.</p>	<p><b>19</b> Get together <b>face to face</b>.</p>
<p><b>20</b> <b>Do something creative</b>.</p>	<p><b>21</b> Focus on <b>growing and improving</b>.</p>	<p><b>22</b> <b>Advocate for women</b>.</p>	<p><b>23</b> <b>Be present</b> with someone.</p>	<p><b>24</b> <b>Don't believe everything you hear</b>.</p>	<p><b>25</b> <b>How self-compassionate are you?</b> Take our quiz to find out.</p>	<p><b>26</b> Notice <b>the support you receive</b> from others.</p>
<p><b>27</b> <b>Take a break to meditate</b>.</p>	<p><b>28</b> <b>Practice kindness</b> today.</p>	<p><b>29</b> <b>Listen to peaceful music</b>.</p>	<p><b>30</b> Believe <b>you can make a difference</b>.</p>			