

May 2025

Happiness Calendar

This month, cultivate habits that nourish you.

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

GG Greater Good
SC Science Center

ggsc.berkeley.edu
greatergood.berkeley.edu



1 Follow your
curiosity.

2 Be kind.

3 Choose to
forgive yourself.

4 Reflect on **what**
we all have in
common.

5 Enjoy some
poetry.

6 Think about
your goals.

7 **Make a meal**
together.

8 **Apologize** if you
need to.

9 **Declutter your**
space.

10 Help **improve**
your community.

11 **Give someone**
a compliment.

12 **Express your**
gratitude out loud.

13 **How happy are**
you at work? Take
our quiz.

14 **Stay**
connected to your
heritage.

15 Ask questions to
be a better listener.

16 Speak up for
fairness at work.

17 **Celebrate**
small successes.

18 **Take a break**
from screens.

19 Strive to **be**
honest.

20 **Share your**
thoughts and
feelings.

21 Take photos
of **things that are**
meaningful to you.

22 Listen to **music**
from the past.

23 **Find strength**
in the people who
support you.

24 Look for the
good in others.

25 **Explore nature.**

26 **Live with**
integrity.

27 Do a **body scan**
meditation.

28 **Spend time**
together in person.

29 Think about
what you want to
achieve today.

30 Navigate
cultural
differences.

31 **Find awe** in our
interconnectedness.