

# March 2026

## Happiness Calendar

This month, expand your circle of care.

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 Have the <b>difficult conversation</b> .	2 Give someone <b>your undivided attention</b> .	3 Take the <b>time to recover</b> after stress.	4 <b>Play sports</b> .	5 Try a <b>loving-kindness meditation</b> .	6 Recognize <b>when you're struggling</b> .	7 Practice <b>letting go of control and certainty</b> .
8 <b>Support the women</b> in your life.	9 Do something to <b>reduce suffering</b> in the world.	10 <b>Be curious</b> about other people's perspectives.	11 Reflect on what's <b>central to your identity</b> .	12 <b>Show love</b> in different ways.	13 Notice <b>what you have in common</b> with people who feel different.	14 <b>Are you skilled at bridging differences?</b> Take our quiz to find out.
15 <b>Do a kindness for others</b> .	16 <b>Be kind to yourself</b> .	17 <b>Read a book</b> .	18 <b>Share your emotions</b> with a loved one.	19 <b>Reach out to a friend</b> .	20 Find a <b>common goal</b> .	21 <b>Instead of judging</b> , see what you can learn.
22 <b>Volunteer</b> .	23 <b>Cultivate allies</b> .	24 Use your <b>critical thinking skills</b> .	25 <b>Dance</b> .	26 Get out of your own head and <b>focus on others</b> .	27 <b>Tune in</b> to a loved one.	28 Think about <b>your role as a global citizen</b> .
29 <b>Connect to nature</b> .	30 <b>Show up</b> for someone else.	31 <b>Remember our interconnectedness</b> .				

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