

February 2018 Happiness Calendar

Keep 2018 going strong, with more connection, purpose & awe.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GG Greater Good
SC Science Center



1 Today is the deadline for teens to submit their essay to our Purpose Challenge!

2 Everyone is better off with a **life purpose**. Here's how to find yours.

3 Discover the most exciting recent research on the **science of a meaningful life**.

4 It's **Rosa Parks Day** in California. Celebrate her legacy by learning to stop the racist in you.

5 Subscribe to our new podcast, **"The Science of Happiness"**!

6 Worried about the negative side of social media? Learn how to **use it mindfully**.

7 Are you stressed out? Take our quiz to find out!

8 Too tense? Try this **body scan meditation** to relieve tension.

9 Don't skip that vacation! Here's why.

10 Keep listening to music: It gives us pleasure and strengthens social bonds.

11 Are you a parent? Break your phone addiction to **better connect with your kids**.

12 Watch GGSC founder Dacher Keltner explain why **awe is such an important emotion**.

13 Get closer to someone special with these 36 questions.

14 Happy Valentine's Day! Here's to building a love that lasts.

15 You don't need a partner to be happy. Here are some compelling **reasons to stay single**.

16 Discover what happiness is...and how to find more of it.

17 It's **Random Acts of Kindness Day**. Here are 3 ways to bring more kindness into your life.

18 A great way to bump up the positivity is to **keep a gratitude journal**.

19 Looking to take a deep dive into the **science of generosity**? Check out this report.

20 To mark **World Social Justice Day**, watch this video about social justice and empathy.

21 Confused by the **difference between happiness and meaning**? Here's some guidance.

22 Discover **Mindfulness & Self-Compassion** at our two-day seminar in Berkeley Feb. 23-24.

23 Learn about how **mindfulness can help cultivate self-compassion**.

24 Is it hard to focus during meditation? Here are some tips to **still your wandering mind**.

25 Interacting with **people who are different than us** makes us more creative.

26 Learning **how to say "no"** can make your life more manageable. Here's how.

27 Learn how to **notice nature** in your life every day!

28 Check out these tips for **staying true to yourself** without letting others down.



Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

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