

December 2024

Happiness Calendar

This month, find peaceful moments together.

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 Recognize that all emotions come and go .	2 Remember a kind act someone did for you.	3 Be generous.	4 Connect with your sense of purpose .	5 Strive to be a good neighbor .	6 Paint or sketch.	7 Make space to listen to someone who needs it.
8 Marvel at the randomness that brought you to where you are today.	9 Treat other people with dignity .	10 Face your fears little by little.	11 How strong are your social connections? Take our quiz to find out.	12 Spend five minutes paying attention to your breath .	13 Identify shared goals to make collaboration easier .	14 Drink water!
15 Look for successful people who inspire you .	16 Work together for democracy .	17 Slow down and savor the holiday season .	18 Express your opinions with humility.	19 Write a short thank-you note .	20 Move your body .	21 Choose love over hate .
22 Keep up with a family tradition —or create a new one.	23 Delight in the comfort of pets .	24 Spend time in or near water .	25 Ask someone to share their story .	26 Watch a film about people different from you.	27 Spend time with friends .	28 Be with someone when they're struggling.
29 Hold your boundaries to care for yourself.	30 Talk through a conflict .	31 Set a goal or intention for 2025.				



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