

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

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