

March 2024

Happiness Calendar

This month, be a force for good.

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

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1 Channel your **anger** toward solving a problem.

2 How **altruistic are you?** Take our quiz to find out.

3 Give yourself **permission to say "no."**

4 When you feel **overwhelmed**, remind yourself: "I am in the process of learning."

5 Learn about **curiosity** at our book event on March 14.

6 In a **conflict**, identify goals you have in common.

7 Improve your **memory** by focusing on what's new and unexpected.

8 Appreciate the **women in your life**.

9 Seek out **positive, inspiring news** stories.

10 Make space for **challenging emotions**.

11 Recognize **how your economic situation affects your happiness**.

12 Show **affection** to people you care about.

13 Add **plants** to your space.

14 Support your **coworkers**.

15 Identify **one of your values** and how to spend more time on it.

16 Share your **good news** with others.

17 Show yourself some **kindness and gratitude**.

18 Deliberately **turn away from hate**.

19 Look for ways to **let loose and be more flexible**.

20 Happy **International Day of Happiness!**

21 Spend **quality time with your loved ones**.

22 See what you can **learn from your inner child**.

23 Appreciate **what your body does for you**.

24 Do a **random act of kindness**.

25 Soothe the **places inside you that hurt**.

26 Give a little **extra attention** to people you encounter in passing.

27 Get out and **play**.

28 When someone talks, **suspend your judgment and just listen**.

29 Attend our **Mindful Self-Compassion training** in May.

30 Be a safe place for **young people to express themselves**.

31 See your **interconnections with other humans**.

