

May 2025

Happiness Calendar

This month, cultivate habits that nourish you.

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 Follow your curiosity.

2 Be kind.

3 Choose to forgive yourself.

4 Reflect on what we all have in common.

5 Enjoy some poetry.

6 Think about your goals.

7 Make a meal together.

8 Apologize if you need to.

9 Declutter your space.

10 Help improve your community.

11 Give someone a compliment.

12 Express your gratitude out loud.

13 How happy are you at work? Take our quiz.

14 Stay connected to your heritage.

15 Ask questions to be a better listener.

16 Speak up for fairness at work.

17 Celebrate small successes.

18 Take a break from screens.

19 Strive to be honest.

20 Share your thoughts and feelings.

21 Take photos of things that are meaningful to you.

22 Listen to music from the past.

23 Find strength in the people who support you.

24 Look for the good in others.

25 Explore nature.

26 Live with integrity.

27 Do a body scan meditation.

28 Spend time together in person.

29 Think about what you want to achieve today.

30 Navigate cultural differences.

31 Find awe in our interconnectedness.