

January 2022 Happiness Calendar

This month, find your motivation and purpose.

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 Slow down to **savor happy moments** with loved ones.

2 Give yourself **warmth and understanding** when you're struggling.

3 Reflect on **something you're grateful for** today.

4 **Take photos** of things that are meaningful to you.

5 **Start a good book**, like one of our favorite science books of 2021!

6 Skip the small talk and **connect more deeply with strangers**.

7 Find ways to **support the young people in your life** as they grow.

8 **How forgiving are you?** Take our quiz to find out.

9 Consider what **lessons you've learned during the pandemic**.

10 To **find your purpose**, think about what your strengths and passions are.

11 **Perform a random act of kindness**.

12 Get the Greater Good Toolkit with **30 practices for well-being** this year.

13 Cultivate a craft or hobby that gives you **a sense of flow**.

14 **Identify a larger goal you want to pursue** as part of a group or community this year.

15 **Help your child get motivated** by tapping into their inner superhero.

16 **Share the positivity**: Post online about something that went well for you today.

17 Think about ways you could **diversify your social network**.

18 Try our one-month **Pathway to Happiness program**.

19 **Reflect on the values** that are important to you.

20 Pay more attention to **how you communicate with others**.

21 **Struggling as a parent?** Get some expert advice.

22 **Watch a play, musical, or inspiring movie**.

23 **Enjoy some nature** with your family.

24 Make sure to **get up and move your body** today.

25 Try to **limit multitasking** to feel less exhausted.

26 Be open to **learning from friends who are different from you**.

27 **Recommit to your New Year's resolutions**.

28 **Don't believe everything you read online**.

29 **Take a nap!**

30 **Cultivate a spiritual practice** (whatever that means to you).

31 Take our Science of Happiness at Work courses to **be happier on the job**.

Happy 2022!