

# December 2022

## Happiness & Awe Calendar

This month, find moments of awe.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

From the GGSC's  
Dacher Keltner:

# AWE

The New Science of  
Everyday Wonder and How  
It Can Transform Your Life

Dacher Keltner

On Sale

January 3, 2023

We're giving a few  
winners the chance  
to get an early  
copy. Learn more  
and [enter here](#) by  
December 9!

Awe practices in collaboration  
with Danielle Krettek Cobb,  
Google Empathy Lab

**GGSC** Greater Good  
Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



**1 AWE**  
Watch the  
sunrise or  
sunset.

**2 Call a friend.**

**3** Reflect on  
**what you have  
in common with  
your partner.**

**4 Sleep in.**

**5** Go easy  
on yourself  
**when you're  
procrastinating.**

**6 Apply for a  
job** at the GGSC.

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

**8** Give yourself  
what you need  
to **feel soothed  
and safe.**

**9 AWE**  
Listen to a  
piece of music  
that gives you  
the chills.

**10** Meditate  
on the **everyday  
blessings** in your  
life.

**11 Look for  
the humor** in a  
difficult situation.

**12 AWE**  
Open your eyes  
and find something  
that captivates you,  
and marvel at it.

**13** Reflect  
on whether  
**your work and  
parenting life  
feel balanced.**

**14** Write a  
**"done" list** of  
things you've  
accomplished  
already.

**15** Set an  
intention to **enjoy  
the holidays** as  
much as possible.

**16 Fight gender  
stereotypes** in the  
workplace.

**17** Instead of  
thinking and  
ruminating, **feel  
your feelings.**

**18 How  
empathic are  
you?** Take our quiz  
to find out.

**19** Keep a  
**gratitude journal.**

**20** Add more  
**soothing sounds**  
to your life.

**21 AWE**  
Find a place outside  
to lay down and  
take in the sky for  
five minutes.

**22 Reach out to  
someone** in your  
support network.

**23** Understand  
that **forgiveness  
is a process.**

**24 AWE**  
Recall a moment  
of kindness that  
you observed  
between people.

**25** Find **moments  
of quiet** amid the  
busyness.

**26** Offer support  
to **someone who's  
feeling depressed.**

**27 AWE**  
Reflect on someone  
who inspired you  
to become your  
best self.

**28** Make space  
for **the things that  
matter in life.**

**29 Talk about  
sex with a  
partner.**

**30** Explore  
**what spirituality  
means to you.**

**31 Make a New  
Year's resolution**  
that actually feels  
good.