

# February 2024 Happiness Calendar

This month, communicate mindfully.

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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
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**1** Identify something that **makes you unique**.

**2** In a **difficult conversation**, pause before you respond.

**3** Read our **best articles of 2023**.

**4** Get some exercise.

**5** Create an **agenda** for work meetings.

**6** Reflect on a time when **someone supported you**.

**7** Cook a meal with your family.

**8** Stand up for what's right.

**9** Are you **prone to feeling awe**? Take our quiz to find out.

**10** Instead of getting defensive, try to **stay open to what someone is telling you**.

**11** Read **positive and uplifting news** stories.

**12** Learn about **the power of storytelling** in Black American history.

**13** Set clear, manageable goals.

**14** Try a **fun, new activity** with your partner.

**15** Talk to yourself with a **warm, self-compassionate voice**.

**16** Stop **mindlessly scrolling** on social media.

**17** If an argument is getting too heated, **take a break**.

**18** Journal about your dreams.

**19** Make **small talk** with a stranger.

**20** Look for **beautiful things** in your everyday life.

**21** Get curious about people who seem different from you.

**22** Explore **green space** in your neighborhood.

**23** Before you **forgive**, process your own pain.

**24** Visualize what **your ideal relationships** would look like.

**25** Ask open-ended questions.

**26** Meditate on nature to **feel more grounded**.

**27** Check in with **your body** when you feel emotions arising.

**28** Enjoy your alone time.

**29** Remember your ancestors.

