

# April 2024 Happiness Calendar

This month, play and find joy.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 Find the humor</b> in your day.	<b>2 Watch an inspiring movie.</b>	<b>3 How forgiving are you?</b> Take our quiz to find out.	<b>4 Make a mini time capsule.</b>	<b>5 Carve out some leisure time.</b>	<b>6 Let go of your assumptions</b> and see the people in front of you.
<b>7 Embrace the uncertainty of life.</b>	<b>8 Spend time with your loved ones.</b>	<b>9 See what you can learn from someone you disagree with.</b>	<b>10 Journal about three good things</b> that happened today.	<b>11 Ask for help</b> when you need it.	<b>12 If you're feeling low, try helping someone else.</b>	<b>13 Express your needs</b> in a relationship.
<b>14 Plan three enjoyable things to do</b> today.	<b>15 Connect with your curiosity for learning.</b>	<b>16 Take a moment to appreciate the people who support you.</b>	<b>17 Show solidarity by listening and hearing other groups' perspectives.</b>	<b>18 Dance!</b>	<b>19 Question the stereotypes</b> you see in the media.	<b>20 Make time for play.</b>
<b>21 Connect across age differences.</b>	<b>22 Take a walk in nature to reconnect with the Earth.</b>	<b>23 Find a doctor who listens and cares.</b>	<b>24 Remember to breathe</b> when difficult emotions arise.	<b>25 Join an affinity group.</b>	<b>26 Question your intuitions</b> before you follow them.	<b>27 See the joy</b> in people around you.
<b>28 Be a responsible citizen.</b>	<b>29 Feel your feet on the ground.</b>	<b>30 Reflect on your life journey</b> so far.				

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