

March 2022

Happiness Calendar

This month, stay open and curious.

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 Explore your family history to understand where you came from.

2 Try not to compare your relationship to other people's relationships.

3 Take a movement break during the day.

4 Resist the urge to give someone advice; take more time to listen.

5 Recognize that your fears make you human.

6 When you're having an argument, step back and **take an outsider's perspective.**

7 Ask for help at work.

8 Happy International Women's Day! Celebrate the women in your life.

9 Sign up for our **new course for educators on courage.**

10 Take photos of nature.

11 Support the people you know who are struggling during the pandemic.

12 Go for a walk to help sort out a conflict.

13 Watch a TV series that **bridges generation gaps.**

14 Help your teen get more sleep.

15 How mindful are you? Take our quiz to find out.

16 Put yourself out there and **be vulnerable;** you might be surprised at the response.

17 When you feel certain, ask yourself: **Could I be wrong?**

18 Talk with kids about how to **be a good person online.**

19 Be curious about other people's life experiences.

20 Take our Science of Happiness course this spring.

21 Keep a gratitude journal this week.

22 To reduce bias in yourself, **reflect on what fairness, equality, and justice mean to you.**

23 Look for meaning and self-expression outside of your job.

24 Does your relationship help you grow? Take this survey.

25 Be a model of integrity for young people.

26 Read more fiction to **boost your empathy.**

27 Get a dose of **awe in nature.**

28 Write a gratitude letter to someone you haven't properly thanked.

29 Let's **open up lines of communication** between teachers and parents.

30 Go out of your way to **connect with people who are different from you.**

31 Remember that **you're never too old to grow and learn.**

