

January 2021 Happiness Calendar

This month, reflect on the past and look toward the future.

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 Follow these tips for making your **2021 New Year's resolutions**.

2 **Lend a helping hand** to someone today, and you might feel better yourself!

3 **Give up a luxury this week** (whether it's TV or chocolate) to appreciate it more later.

4 **Looking for a good read?** Here are our favorite books of 2020.

5 Ask these 11 questions when you're **trying to interpret COVID-19 research**.

6 Take our **Science of Happiness at Work** course to find more fulfillment on the job.

7 Allow yourself to **let go of goals and resolutions** that aren't working anymore.

8 Get a dose of **safe physical touch** today—whether it's a hug or an elbow bump.

9 Follow these six tips to **find your purpose in life**.

10 Practice mindful breathing to **connect to your values and make better decisions**.

11 Read about the **top 10 insights** from the "science of a meaningful life" in 2020.

12 Remember that **your sacrifices matter** during the pandemic.

13 In your journey of self-improvement, **ask for support from others**.

14 **Crack a joke**. Humor can actually prime your brain for optimism.

15 **Sleep makes you more reactive to stress**—so go easy on yourself after a rough night.

16 In case you missed them, here are our **best articles of 2020**.

17 Try these 36 questions for **finding connection when you're apart**.

18 **Happy Martin Luther King Jr. Day!** Learn more about his life in this video.

19 **Take photos** of things that make your life meaningful.

20 **Check in with an older relative** today.

21 Work on **forgiving yourself** for a past regret.

22 For more good reads, check out our favorite books of 2020 for **educators and parents**.

23 Young people are **struggling during the pandemic**. Learn how to support them.

24 **Do you self-sabotage?** Look for unhelpful patterns of thought or behavior in your life.

25 **Children need play**. Here are some creative ideas for your kids or students.

26 **Take our reader survey** to let us know what you want from *Greater Good*.

27 Do you have a **culture of gratitude** at your workplace? Take our quiz to find out.

28 **Dream about your future**—it could make you happier, kinder, and more successful.

29 To **let go of anger** toward someone, try to see their humanity.

30 2020 wasn't all bad. Get uplifted by reading these **inspiring stories from last year**.

31 Don't feel guilty about **prioritizing your happiness**—it could make you kinder to others.

