

April 2018 Happiness Calendar

Find joy in each moment this month.

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
1 It's spring! Celebrate with a sense of adventure .	2 Prep for the future by imagining your best possible self.	3 Try out the favorite happiness practices of nine renowned researchers.	4 Connect with your partner through active listening.	5 Grateful people are happier people. Here's how to boost your gratitude .	6 Learn how Jack Kornfield and Brother David face difficulties with gratitude .	7 It's World Health Day. Here are six ways happiness is good for yours.
8 Reap the benefits of being outside with a savoring walk .	9 Stop beating yourself up at work! Find some self-compassion.	10 Boost your happiness at work with our new online course series.	11 Learn to focus on the positive with a gratitude meditation.	12 Snap some photos! Photography can be a great way to explore the moment .	13 Choose the right type of mindfulness for you .	14 Cultivate some zest in your life!
15 It's Good Deeds Day! Here's why kindness makes you happy.	16 Purpose is just as important to older adults as it is to younger ones. Here's how to find yours.	17 Are you an educator? Get your students started on gratitude journaling!	18 Get grounded with <i>On Being</i> host Krista Tippett.	19 Learn how to give yourself a self-compassion break .	20 Discover nine ways to find your flow at work .	21 Do something creative to hack your well-being!
22 It's Earth Day. Learn how empathy can stop climate change.	23 How well do you read other people? Find out with our emotional intelligence quiz.	24 Strengthen your romantic relationship: Learn how to say thanks to your partner.	25 Are you a parent? Here's how to form a secure attachment with your child .	26 Find some green in the city to hike your mental health!	27 Learn how to harness the power of your unconscious to succeed at work!	28 Find renewed appreciation for pleasure with an exercise on giving it up.
29 Discover the 7 keys to a successful mindfulness practice in this video.	30 Celebrate International Jazz Day by discovering how music works in your brain .	BONUS! Find out how a raisin can help you find mindfulness.				