



*2021.22 Sage Creek Advisory*  
*Wednesday, January 5th, 2022*



# *Advisory Objectives January 5th, 2022*



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- ASB updates, Library & Yearbook reminders
- **UC Berkeley's Greater Good Science Center:**  
*Being Your Best Possible Self in 2022*
- **10 Happiness Practices to improve wellness** in 2022
- Next Advisory, January 12th, 2022

# *ASB Updates & Reminders*

- Hoopcoming will be held on campus on February 5th from 7pm-10pm! Tickets go on sale this Friday at lunch!!
  - You must have a dance agreement on file (if you submitted one for Winter Formal you are all set!) in order to purchase tickets.
  - Tickets will be \$30 with ASB Sticker and \$35 without THIS weekend only (January 7-9th)!!
  - From January 10th- January 23rd prices will be \$35 with ASB Sticker and \$40 without.
  - From January 24th- January 30th prices will be \$40 with ASB Sticker and \$45 without.
  - From January 31st- February 4th prices will be \$45 with ASB Sticker and \$50 without.
  - Financial Assistance is available. Please reach out to a trusted SCHS staff member or Mrs. Tapia.
- Sage Creek gear is for sale on the website linked to our Instagram, Minga and linked [here](#). Sales end on January 14th!
- Prom [survey](#) for Juniors and Seniors ONLY!



## *Your Best Possible Self & Opportunities for the New Year!*

1. **Imagine your Best Possible Self...**Take a moment to imagine your life in the future. Ask yourself, what is the best possible life you can imagine? Consider all of the relevant areas of your life, such as your academic work, relationships, hobbies, and health. Then, **write continuously for about 5 minutes about what you imagine this best possible future** to be.
2. If you're tempted to think about the ways your life isn't working well right now, let that all go for the purpose of the exercise. Instead, **focus on imagining a brighter future in which you are your best self** and circumstances change enough to make this happen.
3. **Be specific and creative, letting yourself imagine as much detail as you can and being as imaginative as you want when it comes to your best life.** The more creative and specific you are, the more engaged you will be in the exercise and the more you'll get out of it.



## *Ten Happiness Practices “prescribed” for wellness in the new year*

1. Take a deep breathing breaks throughout the day & as needed (link to exercise)
2. Re connect and call an old friend or someone you want to reconnect with
3. Give someone a hug (with appropriate precautions of course)
4. Assist a friend or community member in need
5. Express gratitude through writing thank you notes or acknowledging how someone has helped you in the past





## *Ten Happiness Practices “prescribed” for wellness in the new year*

6. Listen to music and sing to yourself (and out loud)
7. Exercise and or dance to music (while doing #6)
8. Get outside and take in the beauty of nature (“awe-walk”)
9. Forgive yourself (practice self compassion) and or someone who you may have been upset with
10. Take care of yourself, be kind (again, self-compassion - treat yourself as you would treat your friend)

[10 Happiness Practices “Prescription” article link](#)

# January 2022 Happiness Calendar

This month, find your motivation and purpose.

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
 <b>Greater Good Science Center</b> <small>ggsc.berkeley.edu greatergood.berkeley.edu</small>						<b>1</b> Slow down to <b>savor happy moments</b> with loved ones.
<b>2</b> Give yourself <b>warmth and understanding</b> when you're struggling.	<b>3</b> Reflect on <b>something you're grateful for</b> today.	<b>4</b> <b>Take photos</b> of things that are meaningful to you.	<b>5</b> <b>Start a good book</b> , like one of our favorite science books of 2021!	<b>6</b> Skip the small talk and <b>connect more deeply with strangers</b> .	<b>7</b> Find ways to <b>support the young people in your life</b> as they grow.	<b>8</b> <b>How forgiving are you?</b> Take our quiz to find out.
<b>9</b> Consider what <b>lessons you've learned during the pandemic</b> .	<b>10</b> To <b>find your purpose</b> , think about what your strengths and passions are.	<b>11</b> <b>Perform a random act of kindness</b> .	<b>12</b> Get the Greater Good Toolkit with <b>30 practices for well-being</b> this year.	<b>13</b> Cultivate a craft or hobby that gives you <b>a sense of flow</b> .	<b>14</b> <b>Identify a larger goal you want to pursue</b> as part of a group or community this year.	<b>15</b> <b>Help your child get motivated</b> by tapping into their inner superhero.
<b>16</b> <b>Share the positivity</b> : Post online about something that went well for you today.	<b>17</b> Think about ways you could <b>diversify your social network</b> .	<b>18</b> Try our one-month <b>Pathway to Happiness program</b> .	<b>19</b> <b>Reflect on the values</b> that are important to you.	<b>20</b> Pay more attention to <b>how you communicate with others</b> .	<b>21</b> <b>Struggling as a parent?</b> Get some expert advice.	<b>22</b> <b>Watch a play, musical, or inspiring movie</b> .
<b>23</b> <b>Enjoy some nature</b> with your family.	<b>24</b> Make sure to <b>get up and move your body</b> today.	<b>25</b> Try to <b>limit multitasking</b> to feel less exhausted.	<b>26</b> Be open to <b>learning from friends who are different from you</b> .	<b>27</b> <b>Recommit to your New Year's resolutions</b> .	<b>28</b> <b>Don't believe everything you read online</b> .	<b>29</b> <b>Take a nap!</b>
<b>30</b> <b>Cultivate a spiritual practice</b> (whatever that means to you).	<b>31</b> Take our Science of Happiness at Work courses to <b>be happier on the job</b> .					

## *Next Week's Advisory...January 12th, 2022!*

- For 12th grade, Senior Class “Pano” picture; details to be announced
- Link Crew will visit 9th Grade Advisories, January 12th & 19th
- STAR testing will begin the week of January 24th

