

# Impact of Happiness Calendar

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## Experience

At first, I wasn't very interested in the Happiness Calendar because I usually don't connect much with activities that feel structured or self-reflective. However, as the days passed, I realized that some of the prompts had more value than I expected. They made me slow down and think about how I handle small moments in my day, something I rarely do, like how often I rush through meals or ignore pauses that could actually recharge me.

One particular prompt that stood out to me was "*Walk on the grass slowly, noticing each step.*" It sounded simple, even unnecessary, but when I actually tried it after a long day, it helped me clear my mind in a way I didn't anticipate. I realized how physical sensations, like the texture of grass or the rhythm of breathing, can instantly calm mental noise and reset my thoughts which was a reminder that mindfulness doesn't always need structured meditation. For a few minutes, I wasn't thinking about deadlines or upcoming work just the sound of my steps and the feel of the ground. That moment showed me how small acts of awareness can reset your thoughts better than any break spent scrolling on my phone.

Overall, the calendar turned out to be more meaningful than I had expected. It helped me reflect on my daily habits, notice where I spend my energy, and value small but grounding moments. Even though I began this reluctantly, I ended up learning things about myself that I probably wouldn't have noticed otherwise.

## **Summary of my feelings with each prompt**

<b>Day</b>	<b>Summary of My Feelings</b>
<b>Day 1</b>	Realized that even small things like a good meal or smile can brighten my day.
<b>Day 2</b>	Saw that each week has at least one good moment, even if days feel repetitive.
<b>Day 3</b>	Thinking of my happy place listening to music alone felt calming.
<b>Day 4</b>	Helped me define happiness in my own way, not by others' standards.
<b>Day 5</b>	Asking a friend about their happiness led to a nice, genuine talk.
<b>Day 6</b>	Felt joy in a random moment like having chai with friends.
<b>Day 7</b>	Talking to my parents showed me how simple their joys truly are.
<b>Day 8</b>	Noticed how many habits I do automatically without awareness.
<b>Day 9</b>	Made me think of realistic habits I actually want to change.
<b>Day 10</b>	Felt good recognizing small routines that make my day smoother.
<b>Day 11</b>	Realized how much overthinking drains my energy.
<b>Day 12</b>	Saw how my mood influences my decisions throughout the day.
<b>Day 13</b>	Doing something healthy, like stretching, instantly lifted my mood.
<b>Day 14</b>	Remembering my quirky habit made me smile at my uniqueness.
<b>Day 15</b>	Paying attention to my surroundings made me more mindful.
<b>Day 16</b>	Admitting one thing I like about myself felt awkward but good.
<b>Day 17</b>	Remembered moments I felt loved and appreciated people more.
<b>Day 18</b>	Listing what I'm doing well gave a small sense of pride.
<b>Day 19</b>	Reaching out to a friend reminded me to stay connected.
<b>Day 20</b>	Focusing on one thought was harder than expected but calming.
<b>Day 21</b>	Deep breathing made me feel relaxed and present.
<b>Day 22</b>	Enjoyed noticing the taste of tea instead of rushing.
<b>Day 23</b>	Walking on grass felt peaceful and refreshing.

- Day 24** Eating slowly made me appreciate food more.
- Day 25** Listening to sounds around me made me more present.
- Day 26** Watching the sky helped me disconnect from screens.
- Day 27** Reflecting on tough times showed me how much I've grown.
- Day 28** Writing affirmations felt odd but ended positively.
- Day 29** Felt proud of balancing my work and health.
- Day 30** Gratitude reminded me life isn't as stressful as it feels.
- Day 31** Realized my strengths and what truly motivates me.
- Day 32** Adding a song lifted my mood instantly.
- Day 33** Noticing small joys made me more appreciative.
- Day 34** Sharing a happiness tip felt simple but uplifting.
- Day 35** I chose walking barefoot on grass as a habit i want to keep.

## Best prompts for me

Certain prompts stood out not just emotionally but also in how they reshaped my daily thinking patterns and awareness.

**“What’s your happy place?”:** My happy places are my home and the gym. Home gives me comfort and familiarity, while the gym gives me focus and peace of mind. Both are places where I feel grounded and in control one mentally, the other physically.

**“A daily habit you want to change”:** I realized that skipping breakfast has become a bad routine for me. This prompt made me more aware of how often I start my day without proper energy, and how that affects my focus later. It reminded me that small habits like this make a big difference, not just physically but in setting the tone for how disciplined or scattered my day feels.

**“One small habit that saved you time”:** Keeping something to eat in my bag, like a protein bar, has actually saved me a lot of time and effort. I don’t have to skip meals or rush to find food when I’m busy, and it keeps me consistent during hectic days.

**“Walk on grass slowly, noticing each step”:** This was one of the prompts that genuinely felt calming. Taking slow steps on grass and focusing on the feeling made me slow down for once, which helped clear my head and feel present.

**“One thing you’re proud of this week”:** I felt proud of the progress I made in competitive programming this week. It’s something I’ve been putting steady effort into, and noticing my improvement felt rewarding and motivating.

The Happiness Calendar showed me that awareness is built through tiny, consistent moments of reflection. I’ve learned to slow down, pay attention, and find calm even in ordinary routines. What began as a task ended as a genuine shift in how I see and manage my happiness.