The part can never be well unless the whole is well. --Plato

10 Insights of 2023 from the Science of a Meaningful Life

Step into 2024 with fresh scientific insights on cultivating a meaningful life. The past year has brought forth intriguing studies on the power of compassion, kindness, gratitude, awe and intellectual humility. Merging cultural sensitivity into happiness measurement, academics have opened our perspective, challenging us to rethink our understanding of global happiness. Did you know your acts of kindness could soothe your mental health, or that gratitude could shape your children's welfare? And here's to debunking the illusion of moral decline - humanity, it turns out, isn't falling apart. Dive into UC Berkeley's Greater Good Science Center's compilation of the top 10 insights of 2023 on the science of a meaningful life. Here's to a year of nurturing small steps of service, compassion, wellbeing and humanity!

Be The Change:

Inspired by the studies referenced in today's article, practice an act of random kindness, awe, or gratitude today.