

August 2024

Happiness Calendar

This month, give and receive love.

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
 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu				1 Reflect on the positive traits of your partner .	2 Stand barefoot on the earth to feel grounded .	3 Remember a time when someone supported you .
4 Be a force for peace .	5 Find a community where you feel at home .	6 Welcome boys' and men's emotions .	7 Allow your relationships to grow and evolve .	8 Give people the benefit of the doubt .	9 Have a deep conversation with someone.	10 Go to a new place today.
11 Journal about a time you felt awe .	12 Be mindful of nature around you.	13 Don't ignore your needs in a relationship .	14 Take our Bridging Differences online course .	15 Pause to appreciate happy times with family .	16 Eat mindfully .	17 Express gratitude to someone who makes your life better .
18 Reconnect with your sense of purpose .	19 Be vulnerable with your friends.	20 Recognize that you don't have all the answers .	21 How trusting is your relationship? Take our quiz to find out.	22 Support a parent in your life.	23 In the midst of disagreement , focus on practical solutions.	24 Be on the lookout for wildlife outdoors .
25 Model that it's OK to make mistakes .	26 Do a body scan meditation .	27 Be open to all kinds of social connections .	28 Participate in a protest someday.	29 Join a learning group .	30 Don't dehumanize your enemies .	31 Look up at the sky .