

September 2024

Happiness Calendar

This month, look for reasons to be hopeful.

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 Keep going when things are tough .	2 Take our Science of Happiness at Work course.	3 Reflect on how you can contribute to the world .	4 Try to let go of unhelpful worry .	5 Remember happy moments in your relationships.	6 Stand up for your political values .	7 See the humor in a difficult situation.
8 Use social media mindfully .	9 Try to remember your dreams .	10 Get curious about other people's insights.	11 How intellectually humble are you? Take our quiz to find out.	12 Give a young person your time and attention .	13 Do a loving-kindness meditation .	14 Spend time on what matters to you in life.
15 Do something small to care for the environment .	16 Check in with people who are struggling .	17 Imagine what you want your future to look like .	18 Take other people's needs and perspectives into account.	19 Express your gratitude to someone.	20 See the good in people .	21 Avoid black-and-white thinking .
22 Look for the positive in a bad situation.	23 Expose yourself to opinions different from your own .	24 Read uplifting news stories .	25 Take one action toward the future you want .	26 Reflect on your values and passions .	27 Connect with people offline .	28 Find a shared interest with someone who seems different from you .
29 Cheer someone up .	30 Enjoy simple pleasures .					

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