

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

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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**.