

August 2021 Happiness Calendar

This month, make time for fun and rest.

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 Carve out some time to let your mind wander .	2 Do you have a strong sense of purpose in life ? Take our quiz.	3 Set goals for your screen time .	4 Take a walk outside and be mindful of what you see, hear, and smell.	5 What does play look like for you? Do something fun today .	6 To be a better listener , avoid giving advice unless someone asks for it.	7 Craving solitude ? Plan for some alone time to do an activity you enjoy.
8 Don't be afraid of your anger . It can help motivate you to take care of yourself.	9 Get lost in a good novel .	10 Try doing something new with your partner.	11 Find a happiness practice to try in the Greater Good Toolkit.	12 Do you experience awe, beauty, and wonder in the world? Take our awe quiz.	13 Think about what you're grateful for today.	14 Help kids have better conversations with these 36 questions (or try them yourself!).
15 Tired? Take a nap!	16 Look for funny moments at work to help lighten the mood.	17 Schedule time to do something meaningful to you, like helping or volunteering.	18 Take our Science of Happiness course this summer.	19 Try to make your partner laugh today.	20 Ask your kids what activities they enjoy —then put them on the schedule.	21 If you're getting lost in your head , try focusing outward on the sensations around you.
22 Abstain from something temporarily , to get more enjoyment out of it later.	23 Acknowledge people's emotions at work; it could help build trust .	24 Understand that forgiveness is a process , and it will take time to heal.	25 Build critical consciousness: Notice inequality and prejudice in society.	26 Think about how you want your life to change post-pandemic.	27 If you suffer from anxiety , find a program or therapist who can help.	28 Express warmth and compassion to your kids ; it could help them be more generous!
29 Reflect on how your parents raised you and what you might do differently as a parent.	30 Find solace in books and stories when you're navigating difficult emotions .	31 Believe in human goodness .				

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