

August 2022

Happiness Calendar

This month, get creative and connect with your body.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Take a break and dance today!	2 If you're worrying about the future , imagine the possibility that things could turn out well.	3 To feel closer to someone, go beyond small talk .	4 Seek out beauty to stimulate your creativity .	5 Try taking a walk during a difficult conversation at work.	6 Pay special attention to nature when you come across it.
7 Educate yourself on the issue of abortion .	8 Reflect on how connected you are to others .	9 Get a secret off your chest .	10 Put on some music that you enjoy .	11 How intellectually humble are you? Take our quiz.	12 Be gentle with yourself during life transitions.	13 Leave some time for spontaneity and exploration in your vacation.
14 Sneak in some exercise —you'll feel better after!	15 Look for areas of agreement with your political opponents.	16 Write down three things that went well today.	17 Offer to make amends when you've hurt someone.	18 Spend some time on a creative project .	19 To figure out your purpose in life , take an inventory of your strengths.	20 Admit when you were wrong online .
21 Recharge and relax this summer (especially if you're a teacher)!	22 Don't give up on political dialogue , even if it's hard.	23 Try a deep sigh to help release stress and tension .	24 Anticipate challenges rather than expecting everything to go perfectly.	25 Don't turn away from negative emotions , in yourself or others.	26 Instead of arguing your points , share the story of how you developed your beliefs.	27 Take a mindful walk .
28 Visit a local museum .	29 Talk with your kids about their technology use .	30 Be open to different ways of thinking .	31 Pause and give yourself the space to make a wiser decision .		 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	