

July 2022 Happiness Calendar

This month, stand up for what you believe in.

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 Share your foibles and imperfections with others to feel more connected.

2 If you know someone who's depressed, schedule to spend some time together.

3 Try to remember your dreams.

4 Recognize the positive qualities and the failings of your country.

5 Take our Science of Happiness at Work course.

6 Call your sibling (or someone who's like a sibling to you).

7 Be an upstander and call out unacceptable behavior.

8 Take a mindful walk and pay attention to things that evoke wonder and awe.

9 Remember that your actions, no matter how small, have ripple effects.

10 Be a role model of vulnerability to help boys become emotionally sensitive.

11 Journal about the things you're grateful for today.

12 Learn about menopause so you're prepared when it affects you (or a partner).

13 Look out for signs of burnout at work, like feeling numb or out of control.

14 Do you embrace diversity in others? Take our Bridging Differences quiz to find out.

15 Appreciate quiet moments of calm and contentment.

16 When apologizing, start with a few deep breaths to center yourself.

17 Take action against gun violence.

18 Pause for a moment to offer yourself care and kindness today.

19 Consider forgiveness as a way to move past hurt and pain.

20 Share your opinion on a political issue.

21 Encourage new fathers to take paternity leave at work.

22 Slow down and pay attention to what's important to you in life.

23 To get motivated on an important issue, read stories of individuals who need help.

24 Imagine the person you'd like to become in the future.

25 Let's support better working conditions for health care providers.

26 Our brains are drawn to popular beliefs; beware of the lure of misinformation.

27 Stay true to the commitments you make to others.

28 Ask yourself whether your beliefs might be wrong.

29 Encourage young people to reflect on current events.

30 Talk to your kids about race.

31 Find a community of changemakers who share your values.

