

July 2023 Happiness Calendar

This month, spread goodwill and kindness.

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 Schedule some **time to exercise**.

2 Perform a small **act of kindness**.

3 **Address a conflict** that you're having at work.

4 Reflect on **what it means to be a citizen**.

5 Seek out **moments of joy** in everyday life.

6 **Make someone laugh**.

7 Catch yourself when you're **feeling resentful** of others.

8 Listen for the **emotions behind people's words**.

9 Try to **put away your phone** when interacting with others.

10 **Go to a place that fills you with awe**.

11 Ask someone a deep question to **strengthen your relationship**.

12 Make time for your **life outside of work**.

13 Notice **three things that went well for you today**.

14 **Treat people the way you'd like to be treated**.

15 **Offer yourself kindness and warmth** when you're struggling.

16 **Give yourself a break** and a chance to recharge.

17 **Show interest and encouragement** for someone's good news.

18 Reflect on **your good qualities**.

19 Look for **opportunities to be generous**.

20 Think about the **people who support you in life**.

21 **Acknowledge your pain** when people hurt you.

22 Contribute to a **more just, less prejudiced world**.

23 Try a **loving-kindness meditation**.

24 **How happy are you at work?** Take our quiz to find out.

25 **Question the stereotypes** about political parties.

26 Identify **people who give you inspiration**.

27 **Embrace your whole self**.

28 Build out **your support network**.

29 Take our **online course on Bridging Differences**.

30 **Embrace your cultural identity**.

31 Believe **you can make a difference**.

