

# July 2024 Happiness Calendar

This month, help everyone feel like they belong.

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
	<b>1</b> Take a <b>walk with a friend</b> .	<b>2</b> Do a <b>loving-kindness meditation</b> .	<b>3</b> Attend our online event about <b>the science behind Inside Out 2</b> .	<b>4</b> Give yourself the freedom to <b>be your authentic self</b> .	<b>5</b> Look for points of <b>agreement in a discussion</b> .	<b>6</b> Get back to a <b>hobby you enjoy</b> .
<b>7</b> Take time to <b>rest and play</b> .	<b>8</b> <b>Welcome newcomers</b> in your workplace or community.	<b>9</b> Try to see <b>what you have in common with people different from you</b> .	<b>10</b> <b>Change up your routine</b> .	<b>11</b> <b>See the humor in life</b> .	<b>12</b> <b>Check in with your emotions</b> during the day.	<b>13</b> <b>Listen to music</b> you love.
<b>14</b> <b>How well do you bridge differences?</b> Take our quiz to find out.	<b>15</b> Try <b>seeing the world through the eyes of a character</b> from a movie or book.	<b>16</b> <b>Connect with people</b> who are much older or younger than you.	<b>17</b> Reflect on what <b>your ideal relationships</b> would look like in the future.	<b>18</b> See what <b>your feelings are trying to teach you</b> .	<b>19</b> <b>Avoid toxic debates online</b> .	<b>20</b> <b>Garden, or clean up an outdoor space</b> .
<b>21</b> <b>Lean on your support system</b> .	<b>22</b> <b>Take action</b> in the face of anxiety.	<b>23</b> Remember that <b>you are enough</b> .	<b>24</b> <b>Educate yourself about racism</b> .	<b>25</b> <b>Start a conversation about mental health</b> at work.	<b>26</b> <b>Give yourself grace</b> when life is hard.	<b>27</b> <b>Help a stranger</b> .
<b>28</b> <b>Move your body</b> .	<b>29</b> <b>Speak up when you witness bias</b> .	<b>30</b> Remember that <b>many people struggle to fit in</b> .	<b>31</b> <b>See the best in people</b> .			