

November 2022

Happiness Calendar

This month, practice an attitude of gratitude.

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
 <p>Greater Good Science Center</p> <p>ggsc.berkeley.edu greatergood.berkeley.edu</p>		<p>1 Give yourself time to process changes and life transitions.</p>	<p>2 Look back on fond memories with your partner.</p>	<p>3 Take time for small talk before your meetings.</p>	<p>4 Pick a positive event from your past, and imagine life without it—a shortcut to gratitude!</p>	<p>5 Try to learn something, not prove something, in hard conversations.</p>
	<p>6 Take a few moments to bask in silence.</p>	<p>7 Question your stereotypes of young people.</p>	<p>8 Take the time to understand your kid's perspective.</p>	<p>9 Journal about a struggle you're going through.</p>	<p>10 Acknowledge when you've hurt someone you love.</p>	<p>11 Think about how you could help your colleagues at work.</p>
<p>13 Protect your time and energy by saying no.</p>	<p>14 Visualize yourself in someone else's shoes.</p>	<p>15 Attend a Mindful Self-Compassion Training.</p>	<p>16 Ask humble, open-ended questions.</p>	<p>17 Be a role model of honesty.</p>	<p>18 Figure out small, daily practices to help you reach your goals.</p>	<p>19 Find a sense of awe in nature—whether outdoors or in a video.</p>
<p>20 Meditate on the gifts and blessings in your life.</p>	<p>21 Make better political arguments by empathizing with other people.</p>	<p>22 How strong is your sense of purpose in life? Take our quiz to find out.</p>	<p>23 Make an extra effort to be social after years of lockdowns.</p>	<p>24 Read our book The Gratitude Project.</p>	<p>25 Spend money on others for a bigger happiness boost.</p>	<p>26 Try a body scan meditation.</p>
<p>27 Watch an uplifting movie.</p>	<p>28 Help students understand how school is relevant to real life.</p>	<p>29 Always communicate to kids that they are loved.</p>	<p>30 Look at the world with childlike wonder.</p>			