

October 2021 Happiness Calendar

This month, embrace change and new experiences.

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 Break down one of your goals into smaller steps.

2 Be enthusiastic when people **share good news** with you.

3 Do something you've been putting off.

4 How happy are you at work? Take our quiz.

5 Ask questions to find out **how school is really going for your child.**

6 Watch a new, **uplifting TV show.**

7 Savor the small things, especially when life is overwhelming.

8 Join the **Thnx4Nurses** Gratitude Challenge or share it with a health care worker in your life.

9 Do one small thing for **self-care** today.

10 Be playful, whatever that means to you.

11 In an emotional conversation, **pause to make sure you understand** the other person.

12 Identify what **coping strategies** work for you (or your kids) when stress hits.

13 Limit your passive scrolling on social media and **spend more time connecting.**

14 Be open to **recognizing and challenging your own biases.**

15 Send a thank-you message to someone.

16 Look out for **opportunities to show empathy**—it could make you happier.

17 Give up trying to be **the perfect parent.**

18 Give yourself a pep talk when you have to do something hard or boring.

19 Make an effort to **connect with coworkers** if you work remotely.

20 Journal about **three good things** that happened today.

21 Try something new, like a food or an activity.

22 If your kids are bored, **be curious and try to understand why.**

23 Watch a video that **inspires awe in you.**

24 When you apologize, express how you will make amends in the future.

25 Reflect on **what you've learned from hard times** in your life.

26 Carve out time for solitude; **it could make you more creative.**

27 Talk about race with a friend.

28 Model compassion for your kids.

29 Help young people get involved in causes they care about.

30 Be on the lookout for **positive feelings and moments.**

31 Face your fears, one small step at a time.

