October 2023
Happiness Calendar

This month, show love and respect to others.
Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.

**SUNDAY**
1 Think about what you can contribute to the world.
2 Take our Science of Happiness at Work course.
8 Seek out awe in nature with your family.
15 Find a community who shares your values.
22 Listen to someone with your full attention.
29 Spend a little extra time to get to know someone.

**MONDAY**
3 Notice moments when you feel strong and healthy.
10 Write a letter of gratitude to someone.
16 Journal about a time you felt close and connected.
23 Embrace your feelings of concern and compassion for others.
30 Share your struggles to connect with others.

**TUESDAY**
4 Do you love compassionately? Take our quiz to find out.
11 If you have a pet, give them a cuddle!
17 Offer support to your co-parent.
24 Look for beauty in your surroundings.
31 Be playful.

**WEDNESDAY**
5 Express humility to make more convincing arguments.
12 Be a warm, loving presence to yourself.
18 Reflect on someone who inspires you.
25 Sign off social media before bedtime.

**THURSDAY**
6 Help someone, volunteer, or donate.
13 Show appreciation to your coworkers.
19 Acknowledge when your beliefs might be wrong.
26 Practice kindness toward others.

**FRIDAY**
14 Give your partner the benefit of the doubt.
20 Change minds with a message of love, not anger.
27 Develop your identity as a family: What do you stand for?

**SATURDAY**
7 Watch an uplifting TV show.
13 Go visit a park in your neighborhood.
21 Read a book.
28 Meditate to feel grounded on the earth.
31 Be playful.

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