

# 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Think about what <b>you can contribute to the world</b> .	<b>2</b> Take our <b>Science of Happiness at Work</b> course.	<b>3</b> Notice moments when you feel <b>strong and healthy</b> .	<b>4</b> <b>Do you love compassionately?</b> Take our quiz to find out.	<b>5</b> <b>Express humility</b> to make more convincing arguments.	<b>6</b> Help someone, <b>volunteer, or donate</b> .	<b>7</b> Watch an <b>uplifting TV show</b> .
<b>8</b> <b>Seek out awe in nature</b> with your family.	<b>9</b> <b>Honor and cherish</b> all living things.	<b>10</b> Write a <b>letter of gratitude</b> to someone.	<b>11</b> If you have a pet, <b>give them a cuddle!</b>	<b>12</b> Be a <b>warm, loving presence</b> to yourself.	<b>13</b> <b>Show appreciation</b> to your coworkers.	<b>14</b> Give your partner the <b>benefit of the doubt</b> .
<b>15</b> Find a community who <b>shares your values</b> .	<b>16</b> Journal about a time you felt <b>close and connected</b> .	<b>17</b> <b>Offer support</b> to your co-parent.	<b>18</b> Reflect on <b>someone who inspires you</b> .	<b>19</b> Acknowledge when your <b>beliefs might be wrong</b> .	<b>20</b> Change minds with a <b>message of love</b> , not anger.	<b>21</b> Go <b>visit a park</b> in your neighborhood.
<b>22</b> <b>Listen to someone</b> with your full attention.	<b>23</b> Embrace your feelings of <b>concern and compassion</b> for others.	<b>24</b> Look for <b>beauty in your surroundings</b> .	<b>25</b> <b>Sign off social media</b> before bedtime.	<b>26</b> Practice <b>kindness toward others</b> .	<b>27</b> Develop your identity as a family: <b>What do you stand for?</b>	<b>28</b> Meditate to <b>feel grounded</b> on the earth.
<b>29</b> Spend a little extra time to <b>get to know someone</b> .	<b>30</b> <b>Share your struggles</b> to connect with others.	<b>31</b> <b>Be playful</b> .				

**GG** Greater Good  
**SC** Science Center

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