

September 2022 Happiness Calendar

This month, make a fresh start.

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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4 Express your gratitude to someone.

5 Be caring and warm toward yourself.

6 Go barefoot and feel your connection to the earth.

7 Give someone the gift of your undivided attention.

8 Take our Science of Happiness online course.

9 Find ways to be creative and playful online.

10 Could your life be more awe-some? Take our Awe quiz to find out.

11 Set goals that excite you this month.

12 Have a vulnerable conversation with someone you care about.

13 Name the emotions you're feeling.

14 Try a walking meditation.

15 Acknowledge the good work that your coworkers are doing.

16 Help young people reconnect with their friends.

17 Remember that the people who hurt you are only human.

18 To feel less anxious, recognize where you have control—and where you don't.

19 Reflect on a moment when you felt really connected.

20 Create one fun and easy habit that will make you feel better.

21 Savor small, daily pleasures.

22 Look for values that you have in common with others.

23 Don't pick up your phone every time you start to feel bored.

24 Journal about a struggle you're going through.

25 Find an accountability buddy for something you want to change in your life.

26 Join our Mindful Self-Compassion Training later this year.

27 Help young people understand how school is relevant to their real lives.

28 Pay attention to how emotions feel in your body.

29 Question the idea that you need to be rich to be happy.

30 Think about how you could make the world a better place.

