**November 2018 Happiness Calendar**

Take this month to explore gratitude and compassion.

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*GiveThanks*

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 Find out what lies behind our feelings of gratitude to other people.

2 Are you grateful for the good things in life—or do you take them for granted? Find out with this quiz.

3 Not feeling so thankful? Discover 10 ways to become more grateful.

4 Shift your focus to the good things in life with this gratitude meditation practice.

5 What would make you happier at work? Listen to this podcast episode for some ideas.

6 Feeling overwhelmed? Check out these four tips for living a more courageous life.

7 It’s Saxophone Day! Learn how music and empathy converge in the brain.

8 Find out why Kristin Neff thinks women need fierce self-compassion these days.

9 Check out these eight ways awe can make your life better.

10 Feeling grateful can make you healthier and happier. Find gratitude with this letter-writing practice.

11 Are your kids holding a grudge? Help them find the path to forgiveness.

12 Dive deep into the latest on the science of gratitude with this comprehensive report.

13 It’s World Kindness Day. Kick it off with some random acts of kindness!

14 Ruminating over “what might have been”? Learn how to let go of an old regret.

15 Try this Reminders of Connectedness practice to boost kindness.

16 Friendships are important to your mind and body. Here’s why you should prioritize yours.

17 It’s Take a Hike Day. Spend it outdoors!

18 Try these five body-based practices to boost your resilience.

19 Finding it hard to talk to people with differing political views? Here are 10 tips that can help.

20 Don’t underestimate awe. Here’s eight reasons it makes your life better.

21 In preparation for tomorrow’s day of thanks, here’s a round-up of gratitude’s greatest hits.

22 Happy Thanksgiving! Here are three tips to help the generosity flow.

23 This Black Friday, instead of buying more stuff, revel in experiences that money can’t buy.

24 Take the long weekend to reflect on how you can increase the love in your life.

25 Dan Siegel’s meditation practice can let you gain freedom from your thoughts.

26 Find out how much of your happiness is under your own control.

27 Parents, are you tired of nagging your kids? Learn how to focus on the positive!

28 Learn a better way to say sorry!

29 Check out what one former curmudgeon had to say about our Science of Happiness course.

30 There’s good news out there! And there’s power in finding it.

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*Keep up with the latest on the science of connection, compassion, and happiness by subscribing to our newsletters.*