September 2018  Happiness Calendar
Find forgiveness and bust anxiety this month.

SUNDAY    MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY

2 Ever wondered why you get along with someone right off the bat? Here’s why.
3 Happy Labor Day! Celebrate by learning how to be more engaged at work.
4 Our new Foundations of Happiness at Work class launches today!!
5 Having a hard time forgiving someone? Here are 8 essentials to ease the process.
6 Are you a cat lover? Learn why kitties are good for you!
7 Take these concrete steps to become more compassionate.
8 When the news gets you down, here are 5 ways to restore your faith in humanity.
9 Gratitude has a powerful effect on our physical health. Check out this video to learn more.
10 Being in a funk puts a damper on empathy. Here’s why and how to turn things around.
11 Lose yourself in the forest—it’s good for you.
12 Zoning off during conversations? Learn why you should pay more attention.
13 Checking in with yourself is essential. Here’s why.
14 Seeing the good in other people can help us feel better about humankind. Here’s why.
15 Striving for happiness can sometimes backfire. But don’t give up!
16 Need some awe in your life? Try this video.
17 All of us face anxiety at some point. Here are 7 ways to help someone who’s suffering.
18 Feeling negative? You may need to change your perspective.
19 Got friends? They may help you live longer.
20 Do your kids tune you out? Here’s how you can get them to listen to you, without the nagging.
21 Can’t find the time to meditate? Why not take a walk to think about it?
22 Forgiveness takes work. But it’s well worth the emotional effort.
23 Are you a grandparent? Learn how to be a great one.
24 Forgiveness expert Fred Luskin on the benefits of constructive anger.
25 Know a veteran? Here’s why you should encourage them to get outdoors.
26 Do you take your loved ones for granted? Learn how to appreciate them more.
27 Discover a well-being practice that helps you find meaning in the everyday.
28 Forgiving someone who’s done you wrong is hard. But here’s why it’s so important.
29 Appreciating the good things around you will bring more joy to your life.
30 Mindfulness can help you cope with rejection. Here’s why.

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