

# July 2018 Happiness Calendar

Laugh, love, and find awe this month!

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 Do you enjoy a good laugh?</b> Here's why we are wired for humor.	<b>2</b> In honor of "I Forgot" Day (really!), <b>discover the power of forgiving and forgetting.</b>	<b>3 Feeling angry?</b> Try this.	<b>4</b> This 4th of July, reflect on how social and emotional skills can <b>strengthen our democracy.</b>	<b>5</b> Don't let boredom prevent you from <b>achieving your goals!</b>	<b>6 Phew, it's summer.</b> Have a good one!	<b>7</b> Feel like you need a moral checkup? Here are some steps you can take to <b>become a better human.</b>
<b>8</b> Kids need unstructured playtime. <b>Here's why parents should limit screen-time.</b>	<b>9 Do you work for a grateful organization?</b> Take this quiz to find out.	<b>10 Does your workplace need a gratitude boost?</b> Check out these five tips!	<b>11 Keep the workplace gratitude strong</b> by following these three tips.	<b>12 Feeling the midlife blues?</b> Here's how to power through.	<b>13 Think you know yourself?</b> Think again! Here are the 9 things you probably don't know.	<b>14</b> Did you know <b>we can use our minds to rewire our brains?</b> Here's how.
<b>15 Are you your own worst critic?</b> Find some self-compassion.	<b>16 Do you think money can buy happiness?</b> Think again.	<b>17 Not feeling motivated by work?</b> Here are two things your job may be missing.	<b>18</b> Calling all parents: Here's a primer on encouraging <b>kindness in your kids.</b>	<b>19 Arguing with a romantic partner sucks.</b> Here's how to gain some perspective.	<b>20</b> Discover why awe makes us <b>happier, smarter, and more generous.</b>	<b>21</b> Take a walk, <b>discover awe!</b>
<b>22</b> Here's how to <b>turn up the creativity this summer!</b>	<b>23</b> Don't let your busy life impede your friendships. <b>Give yourself the gift of time.</b>	<b>24 Thinking of trying out a mindfulness app?</b> Learn more about how they work.	<b>25</b> Let <b>Jon Kabat-Zinn</b> help you get beyond the self.	<b>26 Difficult times can make us shut down.</b> Learn how to keep connection alive.	<b>27 Watching the news these days can be hard.</b> Here's how to get beyond the suffering.	<b>28 Find out why trust is so important</b> for romantic relationships.
<b>29 Celebrate the ordinary</b> with an exercise in capturing time.	<b>30 Making friends as an adult</b> can be hard. Here's how long it takes.	<b>31</b> Why <b>happy kids</b> become happy adults.				

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