

September 2019 Happiness Calendar

This month, find gratitude and teach your kids resilience.

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
<p>1 School's back in session! Here are three essential school supplies.</p>	<p>2 Happy Labor Day! Get outside with this Greater Good in Action practice.</p>	<p>3 Having a meaningful job doesn't have to burn you out. Here's some help.</p>	<p>4 Learn how diversity helps us expand our idea of what is "American."</p>	<p>5 Feeling helpless in the face of suffering? Here's how you can renew your compassion.</p>	<p>6 Hard things are, well, hard. Here's how you can help your kids practice the hard stuff.</p>	<p>7 Encouraging your kids to pretend play can help them find resilience.</p>
<p>8 Find out what you can do to make death more meaningful.</p>	<p>9 Is your to-do list stressing you out? Find out how rest can boost your output.</p>	<p>10 What happens when you do 5 random acts of kindness a day? Our podcast finds out.</p>	<p>11 Check out these seven tips to create a better relationship with food.</p>	<p>12 Got teens? Helps them reflect on meaningful goals with this tool.</p>	<p>13 Women tend to have more sleep issues than men. Here are 5 tips to help.</p>	<p>14 Good sleep makes us better people. Find out more.</p>
<p>15 Are you a workplace leader? Here are 5 tips to make your employees happier.</p>	<p>16 Having a hard time at work? Here's how to ask for help.</p>	<p>17 Distraction at work can make us miserable. Tapping into mindfulness during your work-day can help.</p>	<p>18 Good news! People may be more honest than you think.</p>	<p>19 Are you afraid of heights? Our podcast guinea pig was. Here's how she faced her fear.</p>	<p>20 Ready to tackle your own fears? Try this practice.</p>	<p>21 Check out these three emerging insights about personal happiness.</p>
<p>22 Feeling overscheduled and overwhelmed? Try these 3 steps to say "no."</p>	<p>23 Have your kids been telling fibs? Here's how to encourage honesty.</p>	<p>24 Boost positivity by practicing this three-good-things practice.</p>	<p>25 Are you grateful for all the good in your life? Find out with this quiz.</p>	<p>26 Having some trouble finding gratitude? Here's how to build your gratitude muscle.</p>	<p>27 Gratitude makes your friendships better. Learn how.</p>	<p>28 Have you taken our emotional intelligence quiz yet? Find out how well you read others.</p>
<p>29 Discover why attention might be the secret to emotional intelligence.</p>	<p>30 Find a better path to the future with this best possible self exercise.</p>					