

June 2023

Happiness Calendar

This month, be your best self.

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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1 Be aware of **your body language**.

2 Watch an **uplifting movie**.

3 Look for **shapes in the clouds**.

4 Try asking, **“What do you mean by that?”** in a disagreement.

5 Make sure your spending aligns with **what’s important to you**.

6 **Keep the communication lines open** with your kid.

7 Visualize **your best possible self** in the future.

8 When someone wronged you, **consider forgiveness**.

9 Try a **10-minute meditation**.

10 Identify your **deepest values in life**.

11 **Lend a helping hand**.

12 Journal about **something that makes you feel hopeful**.

13 Connect with **people who are different from you**.

14 **How self-compassionate are you?** Take our quiz.

15 **Offer support** to a mom in your life.

16 Imagine **how you want your relationships to go** in the future.

17 **Move your body** in a way that feels good.

18 Aim for 1-3 hours of **social interaction** per day.

19 **Watch diverse TV shows**.

20 Meditate on **our interdependence with nature**.

21 Be skeptical about **how politics is presented in the media**.

22 Try to **accept your flaws and mistakes**.

23 **Embrace your own creativity**, whatever form it takes.

24 **Find a therapist** who’s right for you.

25 In an argument, try to **take the perspective of a neutral observer**.

26 **Take a break** during your workday.

27 Seek out people who **make you feel connected**.

28 Take a walk and **savor the beautiful things you see**.

29 **Give someone a kiss**.

30 **Be curious and open** to uncertainty.

