

# November 2024

## Happiness Calendar

This month, look for good in the world.

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
<div><div><div>G</div><div>G</div><div>S</div><div>C</div></div><div>Greater Good Science Center</div><div>ggsc.berkeley.edu greatergood.berkeley.edu</div></div>				<div>1 Watch an uplifting TV show.</div>	<div>2 Breathe out slowly and mindfully.</div>	
<div>3 Gather in community for support and solidarity.</div>	<div>4 Talk with young people about politics.</div>	<div>5 Tune out the voices that sow division.</div>	<div>6 Hum to soothe your nervous system.</div>	<div>7 Take a walk and marvel at nature.</div>	<div>8 Connect with others in your grief.</div>	<div>9 Try to forgive yourself.</div>
<div>10 Recognize that it's normal to feel lonely.</div>	<div>11 Treat yourself with kindness.</div>	<div>12 Find a coach or therapist, if you need one.</div>	<div>13 Advocate for yourself at the doctor.</div>	<div>14 Be more honest in your relationship.</div>	<div>15 Appreciate your life by imagining how it could have gone differently.</div>	<div>16 How empathic are you? Take our quiz to find out.</div>
<div>17 Try to let go of resentment.</div>	<div>18 Look for the good in humanity.</div>	<div>19 Be playful at work.</div>	<div>20 Listen with humility and curiosity.</div>	<div>21 Attend our online gratitude event today!</div>	<div>22 Be a source of positivity on social media.</div>	<div>23 Speak other people's language.</div>
<div>24 Think critically about information you consume.</div>	<div>25 Welcome diversity at work.</div>	<div>26 Solve conflicts by talking it out.</div>	<div>27 Be a model of healthy technology use.</div>	<div>28 Write a letter of gratitude to someone.</div>	<div>29 Look beyond your own worldview.</div>	<div>30 See the strengths and uniqueness of others.</div>