

June 2026

Happiness Calendar

This month, slow down and connect.

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
	1 Slow down to witness beauty .	2 Call a close friend .	3 Learn a new skill for your career.	4 Make space for your genuine emotions .	5 Be open to love .	6 Look for what you have in common with others .
7 Be playful .	8 Give yourself time to forgive .	9 Take care of yourself as a parent or caregiver.	10 Try some mindful movement .	11 Ask deep questions .	12 Embrace your imperfections .	13 Spend time in nature .
14 Give young people your full attention .	15 Create an evening ritual .	16 Try to let go of past hurts .	17 Apologize for your mistakes .	18 Track your habits .	19 Start a conversation with a stranger.	20 Be present when you're listening .
21 Celebrate a father in your life.	22 Look for your blind spots .	23 Reflect on someone who inspires you .	24 Take a walk and look for awe where you live .	25 Withhold your judgment .	26 Pause to notice the art around you.	27 Be someone whom others can trust .
28 Take our Science of Happiness course .	29 How forgiving are you? Take our quiz to find out.	30 Spread your love more widely.				

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