

July 2026

Happiness Calendar

This month, build a better future together.

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
 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu			1 Care for your community.	2 Talk with teens about civic issues.	3 Do you feel a sense of purpose in life ? Take our quiz to find out.	4 Reflect on the values you want your country to uphold.
	5 Let your feelings come and go.	6 Take a mindful walk.	7 Collaborate on a shared goal .	8 Give someone a compliment.	9 Check on your neighbors.	10 Save your energy for the most important task of the day.
	11 Communicate love with words and actions.	12 Watch a TV show with gender diversity .	13 Learn about a different culture.	14 Listen without judgment.	15 Talk with someone about your purpose in life .	16 Pause for a moment of gratitude .
	17 Approach people with curiosity.	18 Seek out freedom for yourself and others.	19 Look for wonder in the world around you.	20 Spend quality time with family.	21 Write yourself a kind letter .	22 Be an activist in your community.
	23 Reject gender stereotypes.	24 Lean into your strengths.	25 Have conversations about race .	26 Be part of a support system for others .	27 Consider letting go of anger .	28 Share your passions with others.
29 Take our Bridging Differences online course .	30 Sit quietly in nature.	31 Remind yourself how we're all connected .				