

September 2026

Happiness & Connection Calendar

This month, invite someone to belong.

Keep up with the latest on the science of connection, compassion, and happiness by [subscribing to our newsletters](#).



We're teaming up with the **US Chamber of Connection** for **Welcome Week**. Together, we're mobilizing communities, neighborhoods, and organizations to do one simple thing this September: **open the door to a new friend**.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Be curious about where someone's beliefs come from.

2 Eat a meal outdoors with other people.

3 Volunteer in your community.

4 Learn from the people around you.

5 Talk through a conflict.

6 Stay true to your values despite external pressure.

7 Welcome newcomers in your neighborhood.

8 Talk to people who disagree with you.

9 Be present by **paying attention to your breath**.

10 Journal about **what you're grateful for**.

11 Make small talk with a stranger.

12 Work toward an inclusive future.

13 Cooperate with your neighbors.

14 Admit when you make a mistake.

15 Brainstorm lots of solutions to a problem.

16 Identify what brings you calm.

17 See the small kindnesses in your daily life.

18 Connect with someone of a different age.

19 Find a mentor.

20 Encourage the people around you.

21 Offer help and ask for help.

22 How empathic are you? Take our quiz to find out.

23 Cultivate a passion.

24 Do a body scan meditation.

25 Sign up for our Bridging Differences online course.

26 Devote time to a hobby that involves other people.

27 Invite someone to connect.

28 Don't silence other people's anger.

29 Remind yourself what you have in common with a difficult person.

30 Notice moments of joy.



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