

October 2026

Happiness Calendar

This month, have better conversations.

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 Start with a
tiny, tiny habit.

2 Help a
neighbor.

3 Register for the
Greater Good
Love Summit.

4 Release
judgment about
your body.

5 Be more
vulnerable in
your friendships.

6 Notice if you're
disengaging at
work.

7 Remember
the names of
people you
meet.

8 Seek out a
community who
understands you.

9 Beware of
stereotyping
people who
disagree with
you.

10 Set
boundaries when
needed.

11 Share in
other people's
happiness.

12 Be curious
and patient
when you
disagree.

13 Ask a
coworker about
their successes
and challenges.

14 Put down
your phone
around people.

15 Strike up a
conversation in
public.

16 Get involved
as a concerned
citizen.

17 Reflect on
your heritage and
ancestors.

18 Be open to
unexpected
connections.

19 Spend time
with people
from different
backgrounds.

20 Listen to
other people's
perspectives

21 Bring
awareness to
your body.

22 Say a
heartfelt thank
you.

23 Listen to a
song you love.

24 How humble
are you? Take
our intellectual
humility quiz to
find out.

25 Allow some
discomfort in a
conversation.

26 Spend time
with someone of
a different age.

27 Be honest
when someone
hurts you.

28 Pay attention
to pleasant
smells.

29 See what you
can learn from
other people.

30 Name the
emotions you're
feeling.

31 Do something
that scares you.