

# June 2024

## Happiness Calendar

This month, think outside the box.

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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
greatergood.berkeley.edu



1 Turn a habit into a **special ritual**.

2 Treat yourself with **kindness**.

3 Listen to your **intuition**.

4 Do a **meditation on compassion**.

5 Reflect on your own experience of **feeling othered**.

6 Let out your **emotions**.

7 Speak up for **yourself** at work.

8 Appreciate how **luck has contributed to your life**.

9 Pause to **pay attention to your breathing**.

10 Spend time in **solitude**.

11 Listen to **birds**.

12 Try something **outside your comfort zone**.

13 Find points of **agreement** with people on the "other side."

14 Be **curious**.

15 Notice when emotions are **clouding your judgment**.

16 Happy Father's Day!

17 Step back from one of your **problems** like an observer for more clarity.

18 Hold other people **accountable**.

19 Remember **happy moments from childhood**.

20 How **forgiving are you**? Take our quiz to find out.

21 Remember **something funny** that happened today.

22 Consider that **any person may be worth listening to**.

23 Reflect on your **deep connection** to a loved one.

24 Look for **beautiful colors** in the world around you.

25 Express your **care for others**.

26 Turn away from **hate**.

27 Find a **community** that brings you healing.

28 Seek out some **nature** in your neighborhood.

29 Listen to **young people**.

30 Remember that **things always change**, and often for the better.

