

November 2024

Happiness Calendar

This month, look for good in the world.

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

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1 Watch an uplifting TV show.

2 Breathe out slowly and mindfully.

3 Gather in community for support and solidarity.

4 Talk with young people about politics.

5 Tune out the voices that sow division.

6 Hum to soothe your nervous system.

7 Take a walk and marvel at nature.

8 Connect with others in your grief.

9 Try to forgive yourself.

10 Recognize that it's normal to feel lonely.

11 Treat yourself with kindness.

12 Find a coach or therapist, if you need one.

13 Advocate for yourself at the doctor.

14 Be more honest in your relationship.

15 Appreciate your life by imagining how it could have gone differently.

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

17 Try to let go of resentment.

18 Look for the good in humanity.

19 Be playful at work.

20 Listen with humility and curiosity.

21 Attend our online gratitude event today!

22 Be a source of positivity on social media.

23 Speak other people's language.

24 Think critically about information you consume.

25 Welcome diversity at work.

26 Solve conflicts by talking it out.

27 Be a model of healthy technology use.

28 Write a letter of gratitude to someone.

29 Look beyond your own worldview.

30 See the strengths and uniqueness of others.