

September 2023

Happiness Calendar

This month, be vulnerable and true to yourself.

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 Do something **spontaneous and playful**.

2 **Listen** without offering advice or judgment.

3 Embrace the **healing power of solitude**.

4 Reflect on your strengths and what gives you **meaning at work**.

5 **Face your fears**.

6 Ask yourself: **Could I be wrong about this?**

7 Join our **Finding Purpose Across the Lifespan** event.

8 Honor **your roots and family traditions**.

9 Do a **mindful breathing meditation**.

10 Be curious about where people's **perspectives and opinions** come from.

11 See your **vulnerability as a strength**.

12 Consider **forgiving someone** who harmed you.

13 Try to **learn from everyone** you meet.

14 **Deepen a friendship** at work.

15 Experiment with saying yes and **going with the flow**.

16 **Have a conversation** with your family about race.

17 When you're struggling, **write a compassionate letter to yourself**.

18 **Recall a recent act of kindness** or courage you witnessed.

19 Dance and **move your body**.

20 Does your organization have a **culture of gratitude**? Take our quiz to find out.

21 Notice **the feelings you have about your feelings**.

22 Identify **what values are most important** to you.

23 Look for the **humor in life**.

24 Be thoughtful when **choosing a mental health app** to use.

25 **Imagine your life** 10 years from now.

26 Express **genuine gratitude** at work.

27 **Journal about a struggle** you're going through.

28 Help children understand **the reality of prejudice in our society**.

29 Honor **people's boundaries**.

30 Be patient when you're **looking for answers in life**.