

# July 2018 Happiness Calendar

Laugh, love, and find awe this month!

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
<b>1</b> Do you enjoy a <b>good laugh</b> ? Here's why we are wired for humor.	<b>2</b> In honor of "I Forgot" Day (really!), <b>discover the power of forgiving and forgetting</b> .	<b>3</b> <b>Feeling angry?</b> Try this.	<b>4</b> This 4th of July, reflect on how social and emotional skills can <b>strengthen our democracy</b> .	<b>5</b> Don't let boredom prevent you from <b>achieving your goals</b> !	<b>6</b> <b>Phew, it's summer</b> . Have a good one!	<b>7</b> Feel like you need a moral checkup? Here are some steps you can take to <b>become a better human</b> .
<b>8</b> Kids need un-structured playtime. <b>Here's why parents should limit screen-time</b> .	<b>9</b> Do you work for a grateful organization? Take this quiz to find out.	<b>10</b> Does your workplace need a <b>gratitude boost</b> ? Check out these five tips!	<b>11</b> <b>Keep the workplace gratitude strong</b> by following these three tips.	<b>12</b> <b>Feeling the midlife blues?</b> Here's how to power through.	<b>13</b> <b>Think you know yourself?</b> Think again! Here are the 9 things you probably don't know.	<b>14</b> Did you know <b>we can use our minds to rewire our brains</b> ? Here's how.
<b>15</b> <b>Are you your own worst critic?</b> Find some self-compassion.	<b>16</b> Do you think <b>money can buy happiness</b> ? Think again.	<b>17</b> <b>Not feeling motivated by work?</b> Here are two things your job may be missing.	<b>18</b> Calling all parents: Here's a primer on encouraging <b>kindness in your kids</b> .	<b>19</b> <b>Arguing with a romantic partner sucks</b> . Here's how to gain some perspective.	<b>20</b> Discover why awe makes us <b>happier, smarter, and more generous</b> .	<b>21</b> Take a walk, <b>discover awe</b> !
<b>22</b> Here's how to <b>turn up the creativity this summer</b> !	<b>23</b> Don't let your busy life impede your friendships. <b>Give yourself the gift of time</b> .	<b>24</b> <b>Thinking of trying out a mindfulness app?</b> Learn more about how they work.	<b>25</b> Let <b>Jon Kabat-Zinn</b> help you get beyond the self.	<b>26</b> <b>Difficult times can make us shut down</b> . Learn how to keep connection alive.	<b>27</b> <b>Watching the news these days can be hard</b> . Here's how to get beyond the suffering.	<b>28</b> Find out <b>why trust is so important</b> for romantic relationships.
<b>29</b> Celebrate the <b>ordinary</b> with an exercise in capturing time.	<b>30</b> <b>Making friends as an adult</b> can be hard. Here's how long it takes.	<b>31</b> Why <b>happy kids</b> become happy adults.				

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