

November 2018 Happiness Calendar

Take this month to explore gratitude and compassion.

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 Find out what lies behind our **feelings of gratitude** to other people.

2 **Are you grateful** for the good things in life—or do you take them for granted? Find out with this quiz.

3 Not feeling so thankful? Discover **10 ways to become more grateful**.

4 **Shift your focus** to the good things in life with this gratitude meditation practice.

5 What would make you **happier at work**? Listen to this podcast episode for some ideas.

6 Feeling overwhelmed? Check out these four tips for **living a more courageous life**.

7 It's Saxophone Day! Learn how **music and empathy** converge in the brain.

8 Find out why **Kristin Neff** thinks women need **fierce self-compassion** these days.

9 Check out these eight ways **awe can make your life better**.

10 Feeling grateful can make you **healthier and happier**. Find gratitude with this letter-writing practice.

11 Are your kids **holding a grudge**? Help them find the path to forgiveness.

12 Dive deep into the latest on the **science of gratitude** with this comprehensive report.

13 It's World Kindness Day. Kick it off with some **random acts of kindness**!

14 Ruminating over "what might have been"? Learn **how to let go of an old regret**.

15 Try this Reminders of Connectedness practice to **boost kindness**.

16 **Friendships are important** to your mind and body. Here's why you should prioritize yours.

17 It's **Take a Hike Day**. Spend it outdoors!

18 Try these five body-based practices to **boost your resilience**.

19 Finding it hard to talk to people with **differing political views**? Here are 10 tips that can help.

20 Don't underestimate awe. Here's eight reasons **it makes your life better**.

21 In preparation for tomorrow's day of thanks, here's a round-up of **gratitude's greatest hits**.

22 Happy Thanksgiving! Here are three tips to help the **generosity flow**.

23 This Black Friday, instead of buying more stuff, **revel in experiences** that money can't buy.

24 Take the long weekend to reflect on how you can **increase the love in your life**.

25 **Dan Siegel's** meditation practice can let you gain **freedom from your thoughts**.

26 Find out how much of your **happiness is under your own control**.

27 Parents, are you tired of nagging your kids? Learn how to **focus on the positive**!

28 Learn a **better way to say sorry**!

29 Check out what one former curmudgeon had to say about our **Science of Happiness** course.

30 **There's good news out there!** And there's power in finding it.

