

June 2025

Happiness Calendar

This month, find your power.

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
1 Take a deep breath when you feel activated.	2 Support science .	3 Try to relax into the uncertainty of life .	4 Identify your strengths .	5 Do you share in other people's joy ? Take our quiz to find out.	6 Speak up for what you believe in.	7 Look after your body and mind .
8 Sit and observe the natural world.	9 Do more of what you love at work.	10 Reject rigid labels .	11 Analyze your feelings from an observer's perspective.	12 Find a community to support you .	13 Get to know your neighbors .	14 Tap into your creativity .
15 Celebrate dads and father figures .	16 Express yourself .	17 Confront your fears .	18 Look for awe in your daily life.	19 Observe Juneteenth .	20 Be fierce in protecting yourself.	21 Spend some time near trees .
22 Read a meaningful book .	23 Practice micro-generosity .	24 Celebrate your quirks .	25 Share your story to help you heal.	26 Consider what adversity has taught you .	27 Make some art .	28 Set an intention .
29 Spend quality time with others.	30 Put out love in the world .					

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