

# August 2025 Happiness Calendar

This month, put in the work for your relationships.

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

**GG** Greater Good  
**SC** Science Center

ggsc.berkeley.edu  
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**1** Think about **your impact on the world**.

**2** Find a **community** you identify with.

**3** **Journal** about your hopes.

**4** Talk through a **conflict** at work.

**5** Cultivate a **loving heart**.

**6** Slow down your **social media consumption**.

**7** Look for the **positives** in a difficult situation.

**8** Appreciate how **luck and happenstance** brought people into your life.

**9** Remember that **everyone struggles at times**.

**10** Imagine what **your ideal self** would look like in the future.

**11** Prepare **topics** before a conversation.

**12** Do you have a **culture of gratitude** at work? Take our quiz to find out.

**13** Reflect on a memory that makes you feel **strong and resilient**.

**14** Apologize after you hurt someone.

**15** Choose **biking rather than driving** when possible.

**16** Ask deep **questions**.

**17** Explore a **park**.

**18** Listen and **try to truly understand** someone.

**19** To **feel happier**, smile.

**20** Don't get stuck **ruminating on past hurts**.

**21** Work to **make your country better**.

**22** Trust your **intuition**.

**23** Look for **people who help you grow**.

**24** Express **anger in a healthy way**.

**25** Read hopeful **news that focuses on solutions**.

**26** Visualize the kind of **relationships you want in life**.

**27** Bring your culture into **your mindfulness practice**.

**28** Watch out for **becoming too reliant on AI**.

**29** Validate **other people's feelings**.

**30** Ask someone: **"Why do you think that?"**

**31** Honor **love** in all its forms.

