

October 2025

Happiness Calendar

This month, make the world a little better.

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 Reflect on the **emotions you want to feel**.

2 **Talk through conflicts** before they become explosive.

3 **Give yourself a break from a problem**—temporarily.

4 **Stand up for what you believe in**.

5 **Spread a little love** in the world.

6 **Ask for what you want**.

7 Take our **Science of Happiness at Work** course.

8 Reflect on what **your legacy** might be.

9 **Don't let other people define you**.

10 **How curious are you?** Take our quiz to find out.

11 Send **warmth and goodwill** out into the world.

12 **Dance!**

13 Find power in **moral clarity**.

14 Try to **forgive yourself for your mistakes**.

15 **Write a gratitude letter** to someone you never properly thanked.

16 **Do a little good** in the world today.

17 Have conversations about **spirituality and meaning**.

18 Immerse yourself in **the beauty of nature**.

19 **Join forces for a common cause**.

20 Make space for **big feelings**.

21 Show **love and care** to yourself.

22 Look for ways to **grow from your struggles**.

23 **Notice a moment that made you smile**.

24 Remember **your ancestors** and how their journey has shaped you.

25 **Join groups** in your local community.

26 **Soothe yourself** with touch.

27 Get to know **different kinds of people**.

28 **Celebrate someone's good news**.

29 Try to **make peace** with your past.

30 Find **people you can trust**.

31 Think about **who you want to become**.

