

May 2026

Happiness & Forgiveness Calendar

This month, try to let go and heal.

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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3 Send mercy to someone who hurt you, if you can.

4 Chat with a stranger.

5 Do something playful.

6 Cultivate a loving heart.

7 Collaborate on decision making.

1 Practice letting go of little annoyances.

2 Have a backup plan.

10 Be kind to yourself.

11 Recognize that everyone makes mistakes.

12 Embrace what makes you unique.

13 Be curious about other people.

14 Forgive yourself.

15 Embrace differences.

16 Be humble.

17 Sit in silence together.

18 Seek out awe outdoors.

19 Model forgiveness for others.

20 Sit with uncertainty.

21 Be a good person.

22 Be accountable for your actions.

23 Engage with people you disagree with.

24 Be mindful about using AI.

25 Process your anger and resentment.

26 Read poetry.

27 Have important conversations with your family.

28 See how complicated people are.

29 Ask yourself: What is the wise thing to do here?

30 Stop letting the past control your emotions.

31 Talk to kids about forgiving.

Putting the Science of Forgiveness Into Practice



This calendar is part of a **two-year GGSC project** on forgiveness, supported by the Templeton World Charity Foundation (TWCF). Learn more about forgiveness on TWCF's [Discover Forgiveness](#) website.