November 2026 Happiness Calendar

This month, pause to notice good things.

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 **Avoid reading news** late at night.	2 Write a **thank-you letter**.	3 Take time to **think through** your political decisions.	4 Watch an **inspiring TV show**.	5 **Express appreciation** for a coworker.	6 Engage in **small acts of defiance** in service of your values.	7 **Sit with uncertainty**.
8 **Meditate** for five minutes.	9 Spend time thinking about your **hopes and dreams**.	10 Reflect on **how far you've come**.	11 Slow down to **taste and smell your food**.	12 **Speak up** about problematic behavior.	13 **Care for others.**	14 **Take a photo** with loved ones.
15 **Reach out** to a friend.	16 **Seek out support** from someone.	17 Pause and **focus on your breathing**.	18 **Ask deeper questions**.	19 Try to understand **other people's perspectives**.	20 Remember **people you've lost**.	21 **Share with others.**
22 When goal setting, **imagine what success would look like**.	23 **Take a walk** and savor what you encounter.	24 Appreciate a **loved one's presence**.	25 Breathe with **longer exhales** for more calm.	26 **How grateful are you?** Take our quiz to find out.	27 **Be generous** with your friends.	28 Take our **Science of Happiness course** online.
29 Use AI to **challenge your thinking**, not think for you.	30 Connect with your **heartache or grief**.					

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