

# June 2024 Happiness Calendar

This month, think outside the box.

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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**SC** Science Center

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1 Turn a habit into a special ritual.

2 Treat yourself with kindness.

3 Listen to your intuition.

4 Do a meditation on compassion.

5 Reflect on your own experience of feeling othered.

6 Let out your emotions.

7 Speak up for yourself at work.

8 Appreciate how luck has contributed to your life.

9 Pause to pay attention to your breathing.

10 Spend time in solitude.

11 Listen to birds.

12 Try something outside your comfort zone.

13 Find points of agreement with people on the "other side."

14 Be curious.

15 Notice when emotions are clouding your judgment.

16 Happy Father's Day!

17 Step back from one of your problems like an observer for more clarity.

18 Hold other people accountable.

19 Remember happy moments from childhood.

20 How forgiving are you? Take our quiz to find out.

21 Remember something funny that happened today.

22 Consider that any person may be worth listening to.

23 Reflect on your deep connection to a loved one.

24 Look for beautiful colors in the world around you.

25 Express your care for others.

26 Turn away from hate.

27 Find a community that brings you healing.

28 Seek out some nature in your neighborhood.

29 Listen to young people.

30 Remember that things always change, and often for the better.

