

November 2023

Happiness & Curiosity Calendar

This month, be curious about others, yourself, and the world.

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

From the GGSC's
Scott Shigeoka:

"Shigeoka's thirst for understanding and connection is contagious...
SEEK is a timely bridge for our divided world." —ADAM GRANT,
New York Times bestselling author of Think Again and Hidden Potential

SEEK

How  **Curiosity** Can
Transform 
Your Life and
Change the World

SCOTT SHIGEOKA

**On Sale
November 14, 2023**

Open your mind, strengthen your relationships, and embark on a journey of healing in this "timely bridge for our divided world" (Adam Grant) from an internationally recognized curiosity expert.

GGSC Greater Good
SC Science Center

ggsc.berkeley.edu
greatergood.berkeley.edu



1 Curious?
Practice saying
"Tell me more"
in conversation.

2 Work for **peace**
in the world.

3 Allow yourself
to **feel negative**
emotions.

4 Be courageous
and **stand up for**
your ideas.

5 **Ask for help**
when you need it.

6 **Be playful.**

7 Curious?
Take a walk and
pay attention to
what you hear,
see, and smell.

8 Consider
whether **you**
might be wrong
in an argument.

9 Sign up for
our **Pathway**
to Happiness
program.

10 Talk with kids
about **war and**
peace.

11 **Watch an**
uplifting movie.

12 Curious?
Make a list of
your 10 favorite
questions to
ask people.

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

14 **Do**
something
relaxing.

15 **Take action**
for a cause you
care about.

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

17 Reflect on
the **values that**
matter to you.

18 **Give yourself**
a hug.

19 **Be kind to**
others.

20 Observe the
Transgender Day
of Remembrance.

21 Curious?
Set an intention
to **be curious** in
a conversation.

22 Ask people
for advice on
how you could
improve.

23 Write down
five things you're
grateful for
today.

24 Curious?
See what you
can learn from
the difficult
moments of life.

25 **Open up**
to someone
emotionally.

26 Reflect on
the **people who**
support you.

27 Curious?
Get comfortable
with uncertainty.

28 Create a
positive gender
identity.

29 Take 5
minutes to **care**
for your body.

30 Seek out
moments of awe.

