

July 2025

Happiness & Forgiveness Calendar

This month, consider forgiveness.

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Putting the
Science of
Forgiveness
Into Practice

GGSC Greater Good
Science Center

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1 Look for **the story behind people's actions**.

2 **Strike up a conversation**.

3 Recognize what's **out of your control**.

4 Care for the **next generation**.

5 Step away from **rumination**.

6 **Give a smile or a wave**.

7 **Allow yourself** to feel angry.

8 **Spend time in green space**.

9 **Be kind to yourself**.

10 Seek out **peace within yourself**.

11 **Relax into uncertainty** without needing to resolve it.

12 **Read diverse books**.

13 When you're caring for others, don't forget to **care for yourself**.

14 Find **the strength to do hard things**.

15 See the **humanity in everyone**.

16 Take action for **what you believe in**.

17 Reflect on **the blessings in your life**.

18 **Apologize** when you've done wrong.

19 Reevaluate **your relationship with social media**.

20 **Don't keep punishing yourself** after a mistake.

21 **Enjoy a laugh**—just not at someone else's expense.

22 Recognize **the role of luck in your life**.

23 **Let kids know** they can talk to you about anything.

24 Look for **love, beauty, and kindness** around you.

25 Accept that **you might not get everything done** today.

26 **Forgive** small mistakes.

27 **Use inclusive language**.

28 Don't take **hurtful comments** personally.

29 Give women **a seat at the table**.

30 **Attend our forgiveness event online**.

31 **Be of service**.

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.

