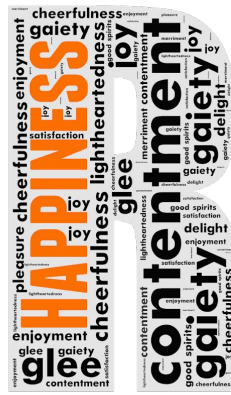


IT'S THE 10TH YEAR!

OCTOBER



HAPPINESS MONTH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Based on the habits scientifically shown to make us happier and healthier: gratitudes, acts of kindness, & moments of silence			1 Smile at someone new	2 Tell someone your top 3 moments of the day	3 Reconnect with an old friend	4 Go for a short silent walk
5 Thank a teacher or coach	6 Look at the sky	7 Fake laugh for 60 seconds	8 Tell someone what you like about them	9 Clean out a drawer	10 Leave a kind note in an unlikely place	11 Visit a farmers market
12 Make plans for something to look forward to	13 Stop and count the number of things you can hear right now	14 Pick up 3 pieces of trash	15 Post a gratitude on social media #gorgehappiness or tell a random person	16 Use your other hand	17 Sing and/or Dance	18 Take a nap
19 Sit outside & watch wildlife	20 Have a conversation where you listen more than you talk	21 Do art of any kind	22 Walk or drive a different route	23 Compliment a stranger	24 Pick a good moment from the week and draw it	25 Make someone tea or coffee
26 Give yourself a hug	27 Do someone a favor	28 Pet a cat or dog	29 Take a bath (with bubbles!)	30 Tell a new joke	31 Stop and listen to a song	#gorgehappiness @gorgehappiness

www.GorgeHappiness.org