




FREE DOWNLOAD

APRIL 2024

This month we focus on strengths that help us approach life with courage. Explore the character strengths of **Hope**, **Appreciation of Beauty** and **Excellence** and **Gratitude** to show up more authentically in your life, your relationships and your career. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	This April Fools day recall a funny memory from your past and jot it down. 1	Integrate character strengths into support for children with autism. 2	Keep a journal of moments in your relationships that uplift you. 3	Try this exercise to add more meaning into the words "thank you." 4	 5	Envision how things can work out, despite obstacles along the way. 6
Learn how your strengths are a pathway to meaning . 7	Brainstorm 3 positive outcomes to something you are currently struggling with. 8	Pause to appreciate your own inner beauty . 9	Notice the good that is present in your life. 10	Take a break, step outside, and soak in the beauty around you. 11	Use this fun exercise to bring hope into your home. 12	Reflect on a part of yourself you've taken for granted and express gratitude for it. 13
Tidy up your space and watch your appreciation blossom. 14	Write down 5 things to be grateful for this week. 15	Discover the difference between hoping and wishing. 16	 17	Improve your relationships through the use of gratitude. 18	Go out of your way to thank a coworker who is not typically recognized. 19	Celebrate accomplishments with your partner for a brighter future. 20
 21	This Earth Day take some time to appreciate the beauty of nature. 22	Build meaning and show appreciation by paying it forward . 23	When there is a stressor at work, share positive possibilities. 24	Share your appreciation for a coworker with a Post-It note or an email. 25	Visualize your best self in a relationship, bring that self forward to shape reality. 26	Recognize strengths in others as a source of inspiration to be your best self. 27
Express gratitude by thanking a service worker in your community. 28	Understand the connection between appreciation and character strengths. 29	Share one hopeful comment or idea with someone in your life. 30				