
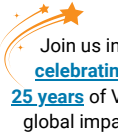






CELEBRATING 25 YEARS

NOVEMBER 2024

This month we focus on strengths that help us achieve our goals by remaining open to new experiences, fostering motivation despite challenges, and focusing on the good. Explore the character strengths of [Perseverance](#), [Curiosity](#), and [Hope](#) to show up 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
					1 Discover something new by watching a documentary.	2 Name a recent challenge you faced & how you overcame it.
3 Create a vision board that brings your future goals to life.	4  PERSEVERANCE	5 Activate your judgement, it's U.S. Presidential Election Day.	6 Try cooking a challenging recipe.	7 25% off MBSP thru Nov. 30th – Use discount code: 25MBSPNov	8 Write a letter to your future self, capturing your hopes and dreams.	9  Join us in celebrating 25 years of VIA's global impact!
10 Split your goals into small steps and tackle one at a time.	11 Practice positive self-talk: notice self doubt and reframe it.	12 Unplug from social media today.	13 Join our webinar, " Transform Your Business with VIA's Total 24 Insights!"	14 Check in with a friend about how they're feeling.	15 Inspire workplace change! Certification 15% off with code: Con-LearnCert-15	16 Spend the day learning a new skill or hobby.
17 Curate a playlist of uplifting songs to inspire you!	18 Support VIA in bringing the science of strengths to the world.	19 Share a goal with a mentor who can offer support and encouragement.	20 Record your wins from today—big or small, they all count!	21 Listen to a new genre of music today. Then, share it with a friend.	22 Settle in for a movie that fills you with hope!	23 Challenge yourself and dive into a new board game.
24 Explore a new area of your town or city for interesting sights.	25 Listen to a new podcast.	26  HOPE	27 Engage in a mindfulness meditation focused on cultivating hope.	28 Visualize success: Picture yourself reaching your goal.	29 Happy Day of Listening! Engage in a thoughtful conversation .	30  CURIOSITY