





JULY 2024

This month we focus on strengths that help us achieve our goals with integrity and enthusiasm. Explore the character strengths of **Zest**, **Honesty**, and **Perseverance** 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 Write a poem that expresses your inner truth.	2 Start your day with a morning walk to boost your energy.	3 Recall a challenge. How did determination help you overcome?	4 Practice integrity by keeping promises to colleagues.	5 Try a new hobby or sport that you've always been curious about.	6 Volunteer for an activity that excites and motivates you.
7  ZEST	8 Reflect on a personal story that showcases a moment of growth.	9 Talk with a friend about the strengths you see in each other.	10 Name one way zest is reflected in the natural world.	11 Celebrate the small victories that demonstrate your perseverance.	12  HONESTY	13 Plan a weekend adventure to explore new places and recharge.
14 Thank someone who has encouraged your growth.	15 Persist in learning a new skill until you excel at it.	16 Take on a task that requires you to use a lesser-known strength.	17 Be authentic in your interactions with friends and family.	18 Volunteer for a new project at work to fuel your enthusiasm.	19 Tackle one task that has been on the back burner.	20 Persevere through each emotion you experience today. 
21 Connect with someone who can help you develop your strengths.	22 Journal about a time when being honest was tough.	23 Ask yourself, what qualities do you want someone to notice about you.	24 Stay transparent by sharing project updates regularly.	25 Try an activity that challenges you to use zest.	26 Research an Olympic athlete you admire. What strengths do they embody?	27 Attend a live concert or event that you're passionate about.
28 Make a list of songs that inspire you. Then, it's time to dance!	29 Share a time you overcame a challenge with a friend.	30  PERSEVERANCE	31 Speak your truth in meetings, even if it's difficult.			