




FREE DOWNLOAD

JUNE 2024

This month we focus on strengths that help us foster personal growth and fulfillment. Explore the character strengths of **Creativity**, **Bravery**, and **Perspective**. Embrace these strengths to approach life with openness, courage, and understanding. Integrate these strengths into each day to enhance your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Learn the two components of creativity .
2 See the bigger picture for a challenge you are facing.	3 Better understand three different ways to embody bravery .	4 Savor the joy of learning a new skill.	5  CREATIVITY	6 Recall a time exercising your perspective led to a positive outcome .	7 Explore how you can use bravery to achieve your goals.	8 Resolve conflict with a friend in a new way.
9 Consult someone new for an upcoming project to get a fresh perspective.	10 Compliment a loved one. Consider how it might make them feel.	11 Listen to your favorite song and reflect on how it influences your mood .	12 Evaluate how to better support others with your advice.	13 Share a relationship fear with someone you trust .	14 Explore multiple solutions to a problem you are facing.	15 Use a new strategy today to improve your productivity.
16  BRAVERY	17 Choose one way you can be creative this month.	18 How will you use your top strength in a challenge you face today?	19 Shift your perspective on a challenge by doing an activity that energizes you.	20 Dive into this Ted Talk sharing why perspective matters .	21 Embrace courage and reflect on something that usually intimidates you.	22 Discover a new hobby with someone important in your life.
23 Be intentional about strengths spotting with someone close to you.	24 Try something new at work that has an uncertain outcome.	25 Brainstorm a new leisure activity aimed at boosting your wellbeing .	26 Learn how music has the power to soothe and comfort a troubled heart.	27 Dream big! Consider what is possible on your professional journey.	28 Support your friend on their journey to healing by offering a listening ear.	29  PERSPECTIVE
30 Identify a struggle you have avoided and face it in a new, creative way.						