




FREE DOWNLOAD

JULY 2023

This month, focus on the virtue of courage and how it can enhance your day-to-day life. Remember, character strengths such as [Zest](#), [Honesty](#), and [Perseverance](#) have the power to aid in reaching your goals. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Approach ¹ a situation today with excitement and energy.
² Reflect on what motivates you to persevere.	³  ZEST	⁴ Experiment with shifting your top strengths .	⁵ Strengthen your perseverance by sticking with a challenge today.	⁶ Learn to spot zest in yourself and in others.	⁷ Use this guide to reconnect with your strengths.	⁸ Activate your zest by calling an old friend.
⁹ Watch this Ted Talk about perseverance (aka Grit).	¹⁰ Lead a strengths conversation with your friends.	¹¹ Practice honesty , by connecting in a genuine and sincere way.	¹² Consider which of your qualities you want others to notice.	¹³ Read about Thomas Edison's perseverance.	¹⁴  HONESTY	¹⁵ Explore how mindfulness activates your positive potential .
¹⁶ See how perseverance can help you tackle stress.	¹⁷ Read about the meaning of zest.	¹⁸ Examine honest behavior while watching the movie, <i>A Few Good Men</i> .	¹⁹ Discover how zest can help you avoid burnout .	²⁰ Persevere by working harder at an important goal.	²¹ Learn about honesty , with this video.	²² Express your zest by laughing out loud.
²³ Why does honesty matter?	²⁴  PERSEVERANCE	²⁵ Consider how character strengths support your health .	²⁶ What's the difference between a real and a fake smile?	²⁷ Exert your zest in a new way.	²⁸ Reflect to build a stronger relationship with yourself.	²⁹ Try these 4 ways to practice perseverance.
³⁰ Complete a difficult task that you have been putting off.	³¹ Try these three ways to be zestful everyday.					