

SEPTEMBER 2026

Our strengths are more than qualities we possess — they're resources we can draw on to meet challenges, nurture connection, and support our well-being. This month, discover how [Appreciation of Beauty & Excellence](#), [Hope](#), and [Gratitude](#) can offer steadiness and perspective during times of change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Think of a time when you were at your best. Which strength did you use?	2 Help workplaces thrive in 2027. Begin certification Sept. 8.	3 Spend 10 minutes on one unfinished task. Starting can reveal the next step.	4 Discover your character strengths with the free VIA Survey.	5 Build optimism by naming one thing that could go right today.
6 Book: Explore a fresh perspective on human progress in Bringing Fire .	7 Notice more beauty in daily life. Begin your eight-week journey.	8 Think of a recent setback. Name what helped you through and what feels possible now.	9 Strengthen family connection by practicing gratitude together .	10  Reach out to someone you care about and tell them why they matter to you.	11 	12 Build a daily strengths habit to stay connected to who you truly are.
13 See someone shine? Make their day by telling them exactly what stood out.	14 Give kids words for what makes them strong. Explore in English and Spanish.	15 	16 Let the strengths games begin! Explore five playful activities for kids .	17 Pause and name 3 things that brought you comfort or joy.	18 Working with clients, students, or teams? Manage surveys and results in one place.	19 Release an idea that no longer serves you. What opens up?
20 New research connects strengths with optimism and problem-solving. Learn more.	21  Celebrate peace by expressing gratitude to someone today.	22 Learn from excellence. What can someone you admire teach you?	23 Explore how your strengths and values guide you with the Total 24.	24 	25 Gratitude is contagious. Take a moment to appreciate someone at work.	26 Did you know? Your top strengths work better together. Bring your top four to work today.
27 Approach something familiar with fresh eyes and rediscover its beauty .	28 Find the opportunity inside a challenge to renew your momentum.	29 Notice who brings out your best and make time to connect with them.	30 Reflect: Name one gift from this month and one hope you'll carry forward.			