VIA INSTITUTE ON CHARACTER®

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AUGUST 2024

This month we focus on strengths that help us use courage to navigate challenges and pursue our passions fearlessly. Explore the character strengths of **Leadership**, **Teamwork**, and **Fairness** 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 Welcome **diverse perspectives** when tackling challenges.	**2** TEAMWORK	**3** Connect with someone you admire professionally.
4 LEADERSHIP	**5** Recognize others' efforts to foster a positive and fair environment.	**6** Reflect on how teamwork influences your personal life.	**7** Join a **Workplaces at Their Best** Webinar.	**8** Volunteer for a project or cause you are passionate about.	**9** International Day of World's Indigenous People	**10** Create a vibrant vision board to bring your goals to life!
11 Empower your team to **discover** their character strengths.	**12** Support and **inspire students** in their educational journey.	**13** Connect with someone shy on your team to hear their valuable insights!	**14** Spread the word: Share how VIA has positively impacted your life.	**15** Consider how you practice fairness in your work environment.	**16** Write a letter to your future self, reflecting on your current goals.	**17** Nonprofit Day
18 Reflect on a recent challenge and identify one lesson you learned.	**19** Have junior team members teach senior leaders about new tech or trends.	**20** Write down three things you're grateful for today.	**21** Enhance your decision-making by practicing **mindfulness**.	**22** Lead by example: practice active listening during meetings.	**23** Plan a team-building activity to strengthen connections.	**24** Give yourself the same attention and self-care you give others.
25 Encourage others to explore their views on cultural diversity.	**26** Women's Equality Day	**27** FAIRNESS	**28** Plan a celebration to honor a colleague's successes!	**29** Offer to **help a teammate** with a tight project deadline.	**30** Advocate for social justice through letters or speaking out.	**31** Offer your time to mentor and impart wisdom to someone learning.