

Stress Less, Feel Your Best



A journey through VIA's 24 Character Strengths, one day at a time.

Discover the Strength by Clicking on the Link.

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Consider making a heartwarming gift for a friend or family member.	2 Ask a colleague or loved one about their unique year-end traditions .
3 Plan inclusive holidays: consider family preferences for enjoyable celebrations.	4 Discover another's holiday tradition and learn its origins .	5 Discuss a topic with a family member whose opinion is different than yours.	6 Negotiate fair group gift finances for transparent spending.	7 Overcome holiday stress with resilient planning and adaptability.	8 Acknowledge your emotions as we approach the holiday season.	9 Transform a mundane task into an enjoyable and uplifting experience!
10 Spend time with a loved one doing an activity together this week!	11 Plan a virtual coffee chat with a coworker, let them know you appreciate them .	12 Take note of someone who seems lonely; spark a conversation .	13 Volunteer in your community , focusing on bringing joy to others.	14 Welcome someone overlooked to join in on the conversation.	15 Plan a get-together for friends or family you haven't seen in a while.	16 Let go of small annoyances, like traffic or holiday shopping disruptions.
17 Seek input from someone you trust before making a decision .	18 Write down your tasks for the day and find a way to complete them.	19 Prioritize work tasks mindfully during the year-end crunch.	20 Find joy in holiday decor, savor the beauty around you.	21 Acknowledge an overlooked quality in a loved one .	22 Find a comforting thought amid holiday challenges.	23 Spread cheer with a belly-laugh-inducing joke or game!
24 Adorn your space with a cherished item . Reflect on its special meaning.	25 Express joy and tell someone in your life how much they mean to you .	26 Face a year end challenge head-on and step toward growth.	27 Plan ahead! Outline next year's goals for a successful start to 2024.	28 Set a positive intention for the new year ahead.	29 Celebrate your strengths and appreciate your unique qualities.	30 Let go of past mistakes; offer yourself grace and move forward with a positive mindset.
31 Write a heartfelt note to yourself, acknowledging all your effort this year .						