




AUGUST 2023

This month, focus on the virtue of justice and how it can enhance your day-to-day life. Remember, character strengths such as **Teamwork, Leadership, and Fairness** 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
		<p>1</p> <p>Choose one way to exercise teamwork to bring out the best in others.</p>	<p>2</p> <p>In what areas does leadership show up in your life?</p>	<p>3</p>  <p>TEAMWORK</p>	<p>4</p> <p>Watch this TED Talk to learn how fairness is hardwired into human behavior.</p>	<p>5</p> <p>Learn about the connection between fairness and morality.</p>
<p>6</p> <p>Watch this short video to see why character strengths are pathways to thriving.</p>	<p>7</p> <p>Practice leadership by empowering the character strengths of others in the group.</p>	<p>8</p> <p>Find ways to minimize unconscious bias in performance reviews.</p>	<p>9</p> <p>Learn how to become a positive leader.</p>	<p>10</p> <p>Watch and learn how to create a psychologically safe workplace.</p>	<p>11</p> <p>Use perspective-taking to improve DEI at your workplace.</p>	<p>12</p> <p>Identify one way you can contribute to your team's success.</p>
 <p>FAIRNESS</p> <p>13</p>	<p>14</p> <p>Watch this TED Talk on the power of teamwork when everyone feels supported.</p>	<p>15</p> <p>Explore positive leadership and ways to activate this strength in the workplace.</p>	<p>16</p> <p>Reflect on a challenge and activate your leadership to create an action plan.</p>	<p>17</p> <p>What are your greatest leadership successes and challenges?</p>	<p>18</p> <p>Validate the success of others on your team today.</p>	<p>19</p> <p>Reflect on how you express fairness at home, work and in the community.</p>
<p>20</p> <p>How do you promote fairness in the workplace?</p>	<p>21</p> <p>Include someone in a conversation who is typically excluded from the group.</p>	<p>22</p> <p>Empower teams with these simple strategies.</p>	 <p>LEADERSHIP</p> <p>23</p>	<p>24</p> <p>Consider how teamwork extends into your personal life.</p>	<p>25</p> <p>Explore 12 reasons why you should combine mindfulness and strengths.</p>	<p>26</p> <p>Identify a fulfilling activity that allows you to practice your strengths.</p>
<p>27</p> <p>Too little, too much, or just right? How leaders exercise these strengths can make a difference.</p>	<p>28</p> <p>Invite different viewpoints when approaching a problem.</p>	<p>29</p> <p>Discover how gratitude connects us in the workplace.</p>	<p>30</p> <p>Explore how you might make your workplace a more inclusive and supportive place.</p>	<p>31</p> <p>Is fairness innate?</p>		