

OCTOBER 2026

Small shifts in how you show up each day can change how you experience life. This month, shift your view with **Perspective**, bring more energy to your days with **Zest**, and play with new ideas through **Creativity**. Practice your character strengths in new ways this month and see what possibilities open up.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				International Coffee Day: Make your morning coffee mindful. Savor each sip. ¹	Notice which strength energizes you most, then use it intentionally. ²	Flourishing isn't luck. Explore research-backed strategies to help you thrive. ³
 ⁴	World Teachers' Day: Think of a teacher who shaped you and the strength they modeled. ⁵	Underusing or overusing a top strength? Find your golden mean . ⁶	Try something new without worrying about doing it "right." See what happens. ⁷	Facing a challenge? Learn when your strengths can help and when they might get in the way. ⁸	Style something you rarely wear in a new way and let your creativity show. ⁹	World Mental Health Day : Take a moment to check in. What do you need today? ¹⁰
Offer yourself the kindness you'd give a friend to quiet your inner critic. ¹¹	Make time for mindfulness each day to step back and see things more clearly. ¹²	Spot a strength in someone you disagree with to see them with a new perspective. ¹³	Think of a moment that shaped you . Which strength helped you through? ¹⁴	 ¹⁵	2027 Workplace Certification dates are here! Begins January 26th . ¹⁶	Hear out a view you disagree with and find one idea worth considering. ¹⁷
Put your phone away during one meal and focus on the tastes to feel more present. ¹⁸	Discover 3 ways to bring out your best at work and make your day more fulfilling. ¹⁹	 ²⁰	Take the boring out of your to-do list and find more enjoyment in everyday tasks . ²¹	Ask someone how they see a situation to uncover what you might be missing. ²²	Take a screen-free walk and notice 3 things you'd normally pass by. ²³	Pause between tasks to clear your mind and unlock more creative thinking. ²⁴
Turn a setback into growth by asking what your strengths can teach you. ²⁵	Social anxiety can hold us back. Explore how zest can help you move forward . ²⁶	Stuck on a task? Switch up part of your usual approach and see what shifts. ²⁷	See beyond your first impression with 6 ways to expand your perspective . ²⁸	Boost your energy! Turn up your favorite song and take a quick dance break. ²⁹	Know your strengths so you can make choices that feel true to who you are . ³⁰	Happy Halloween! Get creative with a costume, treat, or tradition inspired by your top strength. ³¹