




## SEPTEMBER 2024

This month we focus on strengths that help us achieve our goals with resilience, self-awareness, and wise decision-making. Explore the character strengths of **Forgiveness**, **Humility**, and **Self-Regulation** 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 Complete a self-compassion <a href="#">meditation</a> .	2 Volunteer for a chore or work task you don't usually handle.	3 <a href="#">Meet Viana</a> . Your AI Strengths Coach for Wellbeing.	4 Start or end your day by noting things you are grateful for.	5  FORGIVENESS	6 Offer a sincere compliment to someone today.	7 Prioritize rest today! Commit to maintaining a work-life balance.
8 Write a forgiveness letter to someone. (Sending is optional).	9  HUMILITY	10 Learn something new today!	11 Thank someone for their help or support.	12 <a href="#">Journal</a> your feelings at the start, middle, and end of the day.	13 Seek feedback from others to learn your strengths & areas for improvement.	14 List 3 positive traits of someone who hurt you to shift your perspective.
15 Take a mindful walk, focusing on your surroundings & breathing.	16 Learn more about the first-ever <a href="#">Strengths Workplace Certification!</a>	17 Journal about how forgiveness can improve your own life.	18 Share a challenge or struggle with someone you trust or <a href="#">Viana</a> .	19 Practice deep breathing for one minute to center yourself.	20 Replace critical self-talk with compassionate thoughts.	21 It's <a href="#">World Gratitude Day!</a> Express thanks to someone special.
22 Set goals for the week & break them into manageable steps.	23 <a href="#">Family Appreciation Day</a> .	24 Request help with a task you usually handle on your own.	25  SELF REGULATION	26 Engage in a conversation today with a focus on <a href="#">active listening</a> .	27 Create & repeat an affirmation about letting go and moving forward.	28 Organize and/or clean an area or room today.
29 Write a forgiveness letter to yourself for things you're upset about.	30 Schedule time on your calendar for self-care.					