

FREE DOWNLOAD

MAY 2024

This month we focus on strengths that help us seize each opportunity to live life to the fullest. Explore the character strengths of **Curiosity**, **Judgment**, and **Love of Learning** to show up more 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 Consider how you can use judgment to broaden your expectations today.	2 Learn two key components that define curiosity in people.	3 Understand the importance of mental health in our world today.	4 Be open to the unexpected in your day-to-day activities.
 5	6 Get curious about your mental health journey without judgment .	7 Explore the significance of well-being within the legal profession .	8 Attempt a new recipe that catches your eye with a friend or partner.	9 Reveal how to use love of learning in each facet of your life.	10 Find out how curiosity can help you to find meaning everyday .	11 Discover how judgment can show up throughout your career .
 12 Celebrate Mom! Express gratitude to a motherly figure in your life.	13 Discover the joy of learning something new during a hobby you love.	14 Develop your understanding of a new language.	15 Seek a solution for a work project using your experience and wisdom of others.	16 Consider how you use critical thinking when making an important decision.	17 Express your judgment in a leadership position you hold.	 18
19 See how curiosity and love of learning work together .	20 Explore the benefits of cultivating curiosity in your life.	21 Pick a book with a compelling title , and aim to read one chapter a day.	22 Learn the benefits of character strengths beyond academics.	23 Pursue a deeper understanding of a current project at work.	24 Reflect on the past week and consider 1 thing you would do differently .	25 Explore a new local spot - a shop, restaurant or park.
26 Have a conversation with someone who has a different perspective than you.	 27	28 Try a new food or restaurant today.	29 Foster curiosity in relationships: seek to understand others' emotions.	30 Lean into curiosity by researching a culture that is unfamiliar to you.	31 Reflect on yourself and one of your personality traits.	