




## DECEMBER 2024

This month we focus on strengths that help us achieve our goals by connecting to our purpose, stimulating energy and enthusiasm, and connecting with others. Explore the character strengths of **Spirituality**, **Zest**, and **Love** 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 Spend time journaling about what gives your life meaning.	2 Put on your favorite upbeat music and dance!	3 It's Giving Tuesday - <a href="#">support</a> our mission today!	4  SPIRITUALITY	5 Discover a local organization and make a difference today.	6 Spend time in nature, appreciating it's beauty & wonder.	7 Attend a high-energy workout class like Zumba, kickboxing, or spin.
8 Host a potluck dinner & have everyone bring their favorite dish!	9 Listen to a podcast focused on spirituality or personal growth.	10 Learn how Millstone Fund is helping us <a href="#">positively impact</a> our community.	11 Make a digital photo book or memory reel with a close friend or partner.	12 20% off MBSP thru Dec. 31st! Use discount code: <a href="#">20MBSPDec</a>	13 <a href="#">Write affirmations</a> that light you up—repeat them daily!	14 Invite friends for a fun evening of board games or video games.
15 Unlock your potential: Explore Workplaces at Their Best For Individuals — <a href="#">Learning Path!</a>	16 Write down <a href="#">3 things</a> you're thankful for & reflect on their significance.	17  ZEST	18 Write a thank-you note to someone who has helped shape your life.	19 Practice a mindfulness <a href="#">meditation</a> focused on love.	20 Craft a love letter to yourself, embracing self-acceptance.	21 Attend a local sports game & cheer for your team!
22 Share a meaningful conversation over coffee or tea about personal growth.	23 End your day by jotting down what excited you & what you're looking forward to next.	24 Send someone a song or playlist that reminds you of them.	25 Connect with someone close and talk about what you value most.	26  LOVE	27 Explore a community event like a market, fair, or concert.	28 Go for a spontaneous trip to a nearby town! Explore something new.
29 End the year balanced—reflect on your strengths with the <a href="#">The Golden Mean</a> .	30 Plan a surprise for a loved one, like a favorite meal or outing.	31 It's time to retake the <a href="#">VIA Survey</a> . Reflect on your growth & start 2025 with fresh focus.				