




FEBRUARY 2025

This month we focus on strengths that help us achieve our goals by making thoughtful choices, acting with compassion and generosity, and living authentically. Explore the character strengths of **Prudence**, **Kindness**, and **Honesty** 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
						Celebrate Black ¹ History Month — reflect, take meaningful action, & share kindness.
² Set aside time to plan your meals for the week.	³  PRUDENCE	⁴ Compliment a coworker or friend on something they've done well.	⁵ Honestly evaluate how your actions are aligning with your long-term goals .	⁶ Reflect on a past decision and identify what you could have done differently.	⁷ Bridge the gap between values & action: Join the MBSP program!	⁸ Check in with a friend or loved one to see how they're doing & offer support.
⁹ Follow through on commitments, even small ones, to build trust with others.	¹⁰ Plan your day with breaks and time for self-care to avoid burnout.	¹¹ Help someone without asking - just take notice and take action.	¹² Experience MBSP with the Experts— Join our Free Preview Today!	¹³  KINDNESS	¹⁴ Happy Valentine's Day! Send a thoughtful text or card to a loved one.	¹⁵ Express your truth, even when it feels vulnerable.
¹⁶ Reflect on a time when you were impulsive. Write about how you could improve next time.	¹⁷ It's random act of kindness day! Perform a simple gesture to brighten someone's day!	¹⁸  HONESTY	¹⁹ Speak openly about your goals & how others can support you in achieving them.	²⁰ Choose one habit you would like to make more sustainable and do it.	²¹ Offer to help a colleague or neighbor with a task they are struggling with.	²² Write down three ways your actions aligned with your values.
²³ Review your weekly calendar & make adjustments to optimize your time management.	²⁴ Identify one potential challenge today & plan how to navigate it wisely.	²⁵ Thank a teacher, coach, or mentor who has positively influenced you.	²⁶ Write down a decision you've been putting off & plan your next steps.	²⁷ Get 15% off Workplaces for Consultants! Code: 15WATBFeb	²⁸ Stand up when you see dishonesty, encouraging integrity in others.	