

FREE DOWNLOAD

NOVEMBER 2025

As the year winds down, November invites reflection and renewal. This month's strengths — [Creativity](#), [Love of Learning](#), and [Perseverance](#) — help us pause, adapt, and engage with what matters most. They remind us that growth doesn't stop with the season; it deepens through curiosity, effort, and imagination. The November calendar offers daily ways to spark inspiration as the year comes to a close.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 This Men's Health Month, explore how strengths are redefining mental health .
2 Strengthen organizations with VIA's Workplace program — join before Nov. 17!	3 Text a hardworking friend a note of encouragement today.	4 Replace "I can't" with "I haven't yet" to build a resilient mindset.	5 See how focusing on strengths helps children thrive from the inside out.	6 Shift your mindset — use mindfulness and creativity to lift your mood .	7 Schedule a mental reset: a deep breath or short break before you push through.	8 Take a mindful pause to recharge your energy before moving forward.
9 Press play to explore how love and growth evolve through time.	10 Use the Aware-Explore-Apply model to turn your VIA results into daily action.	11 Transform the ordinary into extraordinary — start with what's on your shelf.	12 	13 World Kindness Day starts here! 30 acts to inspire joy . ❤️	14 Teach what's strong, not wrong. See how strengths inspire learning .	15 Ask yourself, "What's another way to look at this?" before making a decision today.
16 On the Day of Tolerance, use your strengths to bridge differences .	17 	18 When you feel tired, remember a time you didn't give up— it's proof you can do it.	19 Discover words that capture and celebrate the essence of the 24 strengths .	20 Celebrate World Children's Day by spotting and naming a child's strengths .	21 Wake up your workday: 10 ways to bring your best self to the surface .	22 Switch things around! A refreshed space can recharge your mind.
23 Learn how virtue and strengths science can help you create your best life .	24 Invite a teammate to share something they love learning about.	25 Grow your comfort and confidence in your strengths with these 6 tips.	26 Invite a new practice into your morning and see what creativity stirs.	27 The key to lasting productivity isn't speed — it's perseverance. Find out why .	28 Ask "why" 5 times today to turn everyday moments into mini learning adventures.	29 
30 Journal about what you want to create more of in your life next year.	31 10 ways to find calm when life feels uncertain.					