



DECEMBER 2025

December invites us to look back with gratitude and move forward with intention. This month's strengths – **Kindness**, **Appreciation of Beauty & Excellence**, and **Forgiveness** – remind us of the quiet gifts we carry into every interaction. This month's strengths help us close the year with openness and renewal.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Start December with an act of kindness to set a positive tone for the month. ¹	On Giving Tuesday, your donation to VIA helps someone see what's strong in them. ²	Use kindness today to notice and ease barriers others may face . ³	Free Webinar : See how the VIA Survey & Total 24 Report work together on Dec. 11 ⁴	Lighten your load today! Let go of something that's been weighing on you. ⁵	Revisit something meaningful you created this year to appreciate your capability. ⁶
Awaken your awareness. Grow your strengths with a mindfulness course in 2026 . ⁷	Motivate your team by sharing one thing you appreciate about a colleague's efforts. ⁸	Admire one moment of beauty today and notice how it shifts your mood. ⁹	Respond to your inner critic gently and notice your perspective soften. ¹⁰	Calm your mind by checking your assumptions with a simple "Am I Sure?" ¹¹	Reconnect with someone important & schedule a Strengths Date . ¹²	 ¹³
Boost your mood with 10 proven happiness habits you can start using now. ¹⁴	Forgive an outdated expectation and make space for your strongest self. ¹⁵	 ¹⁶	Elevate your impact at work with a strengths-based learning experience . ¹⁷	Ask yourself "What goodness did I see today?" and notice the positive shift. ¹⁸	See forgiveness through a child's eyes and let it brighten your outlook. ¹⁹	Spot someone's strengths today to boost their sense of belonging. ²⁰
Send a "thinking of you" text to a friend and remind them they matter to you. ²¹	Discover 5 ways "Thank You" can help you reframe your day . ²²	Learn why teaching strengths helps lower depression in classrooms . ²³	Do a small act of care today that your future self will thank you for. ²⁴	Name the excellence you saw in someone this year – and share its impact. ²⁵	Pause in a stressful moment and choose a strength to guide your response. ²⁶	Appreciate excellence in someone who struggles to see it in themselves. ²⁷
 ²⁸	Explore how mindfulness and strengths can ease stress at work . ²⁹	Release the "should have been" story so you can see what still can be. ³⁰	Reconnect with your strengths as you head into a new year. Re-take the VIA Survey . ³¹			