




JULY 2025

This month we focus on strengths that help us achieve our goals by building strong relationships, staying committed despite challenges, and collaborating effectively with others. Explore the character strengths of [Love](#), [Perseverance](#), and [Teamwork](#) 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 Revisit a goal you set in January – give it a July reboot .	2 Step outside for 5 minutes – just breathe and notice.	3 Find your path to strengthen workplaces through character!	4 Reflect on a time when you joined with others to make a difference.	5 Break a mental or physical sweat – challenge builds strength.
 LOVE	6 Start your day with a gratitude moment for someone in your life.	7 Spotlight a recent team success, big or small.	8 Pick a strength that connects to your "why" and use it to move a goal forward.	9 Reframe a recent failure by asking: What did I learn from this?	10 Small acts matter – choose a kindness idea and do it .	11 Unplug and enjoy meaningful time with someone who brings you joy.
12 Choose 1 task you've been avoiding—spend 10 minutes on it today.	13 Assume good intent, give teammates the benefit of the doubt today.	14 Educators: Build resilience (and reduce burnout) with proven strategies .	15 Don't just talk about it—plan a summer get-together with your group.	16 Do one unexpected act of kindness for a loved one.	17 Mindfulness/ strengths expert share: 10 tips to navigate uncertainty .	18  PERSEVERANCE
19 Make plans with someone who energizes you.	20 Ask your team or family, "How can I best support you this week?"	21 Spot a colleague's strength in action and share the impact.	22 Use one of your top strengths to solve a work problem.	23 Celebrate a small win you've stuck with—even imperfectly.	24 How would you describe each strength to a friend? Find out here!	25 Offer help proactively to someone before they ask.
26 Celebrate your resilience in action!	27 Take a moment to reflect on the bigger picture before reacting.	28  TEAMWORK	29 Lead with love, it's International Day of Friendship .	30 Consider how you contribute to your team—at work or at home.		