

## JANUARY 2025

As we welcome the new year, this month's focus is on strengths that help us show up authentically, celebrate the good around us, and approach challenges with courage and determination. Explore the character strengths of **Creativity**, **Gratitude**, and **Bravery** 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 Step into the new year by reflecting on strengths you want to channel!	2 Start a task or project you've been <b>procrastinating</b> on.	3 List simple things you're grateful for (e.g., warm socks, fresh air).	4  CREATIVITY
5 Host a themed movie night complete with matching snacks/drinks!	6 Surprise a colleague with a coffee or snack as a thank-you for their support.	7 Get the Individual Learning Path WATB <b>5-course bundle</b> for \$149!	8 Try origami and fold a unique design like an animal or flower.	9 Write about times you've been brave in the past to remind yourself of your courage.	10 <b>Meditate</b> on gratitude by focusing on your breath & the present moment.	11 Share a vulnerable story or personal struggle with someone you trust.
12  GRATITUDE	13 15% off MBSP thru Jan. 31st! Use discount code: <b>15MBSPJan</b>	14 Write about a time someone helped you and reflect on how it shaped you.	15 Style an outfit using pieces you wouldn't usually pair together.	16  BRAVERY	17 Reflect on three things you're grateful for while getting ready.	18 Create a painting or drawing using a new medium (e.g., watercolor).
19 Write down a fear you've been avoiding & take one small step toward addressing it.	20 <b>Reflect</b> on your bravery this Martin Luther King Jr. Day & honor his legacy.	21 Reward yourself with something special as a gesture of gratitude for your hard work.	22 Experiment with new spices to reinvent a classic recipe.	23 Volunteer for a work task or in a group that feels outside your comfort zone.	24 Celebrate Education Day by exploring <b>character strengths research!</b>	25 Tap into your creativity and organize a craft night!
26 Try an adventurous outdoor activity, like hiking a challenging trail or skiing,	27 Call a loved one just to say you appreciate them.	28 Express gratitude by <b>sharing</b> how character strengths inspire you!	29 Create a themed music playlist that tells a story.	30 Join the April 2025 WATB Consultant Certification cohort. <b>Sign up now!</b>	31 Write about your day as if you were a famous adventurer.	