

FREE DOWNLOAD

August 2026

Summer is winding down and routines are shifting again: new school years starting, work schedules resetting, days growing shorter. This August, we're exploring **Creativity**, **Kindness**, and **Forgiveness**, three strengths that travel with you through every transition and help you meet what's new with a steady, open mind.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Reset with mindfulness and strengths at our 30 minute webinar.
2 Be kind to yourself. Take an hour to recharge with no expectations.	3 Help your child feel seen by noticing and naming the good they do.	4 Lighten your mental load by letting go of one regret.	5 Try a playful strengths game to energize learning in your classroom.	6  CREATIVITY	7 Final Workplace Certification of the year – begins Sept. 8.	8 Text someone, "I appreciate you," and tell them why.
9 Make time for a creative passion to reconnect with what inspires you.	10 Explore your child's unique strengths by taking the Youth Survey together.	11 Revisit a delayed project and enjoy the satisfaction of making progress.	12 Celebrate International Youth Day with a strengths conversation starter .	13 Reserve your spot in our live 8-week mindfulness course beginning Aug. 25.	14 Practice receiving an apology with grace to move forward with peace.	15 Discover how mindful strengths parenting can reframe common struggles.
16 Clear one item from your backlog to create space for new ideas.	17 It's National Nonprofit Day – support a cause that strengthens your community.	18 Forgive someone for a past mistake to free yourself from resentment.	19  KINDNESS	20 Strengthen your IEP by leading with what the student does well.	21 Let self-compassion quiet your inner critic and boost your confidence.	22 Stuck? A 10-minute walk can spark your next great idea.
23 Surprise a neighbor with a thoughtful act of support so they feel seen.	24 Try a forgiveness mantra to release a grudge that's weighing you down.	25 Make something just for fun and rediscover the joy of creating.	26 Celebrate National Women's Equality Day by lifting up a woman you admire.	27 Navigate change with confidence using these 6 reflection questions.	28 Help your child make their teacher's day with a small act of kindness.	29 Learn 5 strengths strategies to bring out the best in a student.
30  FORGIVENESS	31 Choose one setback to let go of and start the next season lighter.					