

MARCH 2026

When we pair courage with clear thinking and a broader view, our actions carry greater impact. This month, explore **Bravery**, **Judgment**, and **Perspective** to act with integrity, make sound decisions, and approach challenges with wisdom. Daily practice builds confidence, connection, and lasting well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grow people + 1 workplace performance. Next certification cohort starts March 10.	Reframe a setback to regain hope and momentum. 2	 3	Community Spotlight: Former HR Exec. turned Strengths-Based Leadership Coach 4	Step outside for five minutes and let fresh air reset your mood. 5	Choose bravery when growth calls and move forward with clarity. 6	To avoid blind spots, invite someone to challenge your thinking. 7
This International Women's Day , celebrate a woman whose strength shaped you. 8	Tell someone you appreciate them and watch their face light up. 9	Case study: Strengths-based change in incarcerated communities. 10	Pause assumptions. Lead with curiosity instead. 11	Use character strengths to build trust and connection across remote teams. 12	Celebrate who you are: download & share your signature strengths badge! 13	Shift stress into momentum with this simple 3-step strengths practice. 14
 15	Join the global character strengths community on LinkedIn! 16	When tension rises, look at both sides of the situation before reacting. 17	Learn 3 ways to create a strengths-based culture that tackles challenges. 18	Have the conversation you've been avoiding to clear the air. 19	Strengths + passion = happiness. Learn how your strengths make the difference. 20	Choose authenticity. Show up fully, and the right people will connect. 21
Boost work success with 10 habits to activate your strengths. 22	When things don't go as planned, shift your perspective with these 3 questions. 23	Reach out first and revive a friendship that's gone quiet. 24	From identity to impact, hear how character strengths fuel global change. 25	Build your confidence. Ask a friend to name a time you showed courage. 26	See a moment through someone else's eyes and respond with grace. 27	Think love doesn't belong in the workplace? Research says it does. 28
Before sending that message, ask if it's fact or emotion – respond wisely. 29	Level up your strengths knowledge with 3 surprising insights. 30	 31				