

## MARCH 2024

This month we focus on strengths that help us approach life with courage. Explore the character strengths of **Honesty**, **Perseverance** and **Bravery** to show up more 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 Reflect on how using <b>bravery</b> can have a positive impact on your life.	2 Work harder than usual at your <b>most important goal</b> .
3 <b>Strength spot</b> someone in your life for their honesty today.	4 Identify a quick win on your task list and <b>get it done</b> . Build confidence.	5 Be honest with yourself. Name a struggle you have been avoiding and face it.	6 <b>Speak up</b> if you witness an injustice in the community.	7 Remind yourself of a long-term goal and the passion that drove you to pursue it.	8 Consider <b>what motivates you</b> to act bravely in a tough situation.	9 <b>Prioritize integrity</b> as a guiding force in every facet of your life.
10 Practice open communication when you overcommit your time.	11 Address a situation directly the next time you experience a relationship setback.	12 <b>Shift your mindset</b> to view a challenge as an opportunity for growth.	13 Acknowledge the role others play in helping you persevere.	14 Name one <b>way you express bravery</b> . Is it internal or external?	15 Share honest feedback to a team member on a project.	16 Emphasize effort over perfection while working through your to-do list.
17 Write a letter to someone who has positively influenced your life.	18 Set a new work goal today. List two obstacles and how <b>you will overcome</b> them.	19 Provide regular progress updates to a colleague to practice ongoing commitment.	20 When you make a mistake, don't be afraid to <b>take responsibility</b> for it.	21 Reflect on the qualities you truly desire others to notice about you.	22 Practice <b>self-compassion</b> in moments of vulnerability.	23 Focus on your strengths to <b>cultivate resilience</b> .
24 Engage in a community discussion and voice your ideas at a meeting.	25 Name a bad habit. What would it look like to overcome it?	26 Discuss one of your <b>relationship fears</b> with your partner.	27 Honor your commitments and agreements.	28 Embrace <b>diverse friendships</b> to bring unique perspectives into your life.	29 Stay open to trying out new tasks or projects at work.	30 Seek out a situation that that <b>challenges your skills</b> .
31 <b>Face a challenge</b> despite your fear of the outcome.						