






JUNE 2025

This month we focus on strengths that help us achieve our goals by harnessing energy and enthusiasm, finding deeper meaning, and letting go of past burdens. Explore the character strengths of **Zest**, **Spirituality**, and **Forgiveness** 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 Reflect on how your strengths support equity and inclusion every day.	2 Start your day with a yes! Choose 1 thing today that brings you energy .	3 Write a list of grudges you're ready to release—then let them go.	4  ZEST	5 Create a simple daily ritual . Light a candle, stretch, or breathe.	6 Write about the character strengths that you observe in your future self .	7 Take a walk without your phone and let your thoughts roam freely.
8  Pause to find the sacred in something ordinary like sunlight or laughter.	9 Choose empathy when faced with unexpected tension.	10 Release what doesn't serve you; Explore 10 tips for stress relief.	11 Reach out to someone who's inspired you and let them know why they matter.	12 Tell us how the VIA Survey has impacted you— share your strengths story .	13 Share your favorite hype song with a friend who needs a boost.	14 Write a compassionate letter to someone you've struggled to forgive.
15 Happy Father's Day! Make the most of this special day.	16 Let go of a small mistake, yours or someone else's. Choose to move on.	17 Say "Why not?" instead of "What if?" to something this week.	18 Free Webinar: Rebuilding Meaning at Work	19 Create a mini summer bucket list that energizes you.	20  SPIRITUALITY	21 Do something that gets your heart racing (in a good way).
22 Forgive yourself for not being on all the time.	23  FORGIVENESS	24 Spend five quiet minutes reflecting on what gives your life meaning.	25 Do one thing with full out enthusiasm today. No holding back.	26 Learn about the 3 strengths most associated with meaning in life .	27 Work hack: play to your strengths and watch what happens.	28 Read or listen to something that lifts your spirit. 
29 See one routine moment today through a new lens .	30 Transform organizations with strengths . July certification enrolling.					