




MAY 2023

This month, focus on the Virtue of Wisdom, and how the strengths of **Judgment**, **Curiosity**, and **Creativity** can be used alongside mindfulness to give your life added meaning.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Understand 1 what judgment is all about so you can begin recognizing it.	Discover the 2 two key components of what makes a curious person.	Show creativity 3 every day through originality and adaptability.	Plan ahead! 4 Register for our Mindfulness Nature Retreat on May 19.	Watch the movie 5 The Straight Story to explore judgement through story.	Read about 6 how positive psychology can make any job more meaningful.
 7 CREATIVITY	Work on your strength of curiosity by asking "why?" more often. 8	Take some time to read about Mental Health Awareness Month . 9	Exercise your creativity by practicing these 10 habits . 10	Discover what science says about your true self with the Total 24 Report . 11	Try a curiosity strength mantra to improve your day. 12	Who do you admire for their ability to find new ways of thinking? 13
Show appreciation to a mother-figure in your life this Mother's Day. 14	Learn the meaning of strengths like Judgment and Curiosity here . 15	 16 CURIOSITY	Read about 3 science-based strategies to increase creativity. 17	Consider how you express your judgment/critical thinking to others. 18	Live Today! 19 Join us for a full-day Mindfulness and Nature Retreat .	Find out how curiosity can help you to find meaning everyday . 20
Learn how creativity and the arts can improve your mental health . 21	Use mindful living to improve your mental health, well-being and happiness. 22	Try to understand what others are thinking and feeling. 23	Use creativity to help break bad habits . 24	Discover how judgment can show up throughout your career . 25	Create something original and share it with others. 26	Tap into your curiosity by listening to this guided meditation . 27
 28 JUDGMENT	Try a new food or restaurant today. 29	Learn how strengths can be used to fuel purpose . 30	Use your judgement to evaluate one of your personality traits. 31			