




# FREE DOWNLOAD

## MAY 2026

You don't need to become someone new. You just need to remember who you are. This Mental Health Awareness Month, explore **Curiosity**, **Zest**, and **Leadership** – three strengths that help you re-engage with your energy, direction, and potential. Step into what's possible this May.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Mental Health Awareness Month: <a href="#">How strengths make a difference.</a>	2 Step outside for 5 minutes and notice something alive. That's zest.
3 How much of your day are you on autopilot? <a href="#">Break the pattern.</a>	4 Bring enthusiasm to a conversation and watch how it shifts the moment.	5 Purpose isn't found, it's built. <a href="#">Take one step today.</a>	6 Feeling stuck? <a href="#">Rebuild momentum</a> with this simple roadmap.	7 Shift your approach with a beginner mindset and find a new way forward.	8 <a href="#">Notice what lights you up.</a> Let that energy guide your next step.	9 Give the first 10 minutes of a task your full energy to boost progress.
10 <a href="#">Its Mother's Day</a> , share a strength she brings to your life and why it matters.	11 Explore something new this week and stretch your curiosity.	12  CURIOSITY	13 Shine a light on someone else's idea and help them feel seen.	14 Build wellbeing and performance with <a href="#">3 essential leadership skills.</a>	15 Say "I'm in" to something small you'd usually skip and see what opens up.	16 Strengths are more flexible than you think. <a href="#">Discover 3 reasons why.</a>
17 Spend time exploring something unexpected to shift you're thinking.	18 <a href="#">Help others grow</a> with 6 powerful ways to engage strengths.	19 Go first. Share an idea and create space for others to speak up.	20  ZEST	21 Less stress. Stronger relationships. <a href="#">Greater well-being in 8 weeks.</a>	22 Add one "why not?" moment to your day and see where it takes you.	23 Do the small thing others avoid. That's leadership in action.
24 <a href="#">Take the VIA survey</a> and see why 83% found it meaningful.	25 Take one step towards what matters and <a href="#">start building your purpose.</a>	26 Reframe a work challenge by choosing a strength to lead with.	27 <a href="#">See your world in a fresh way</a> with meaning-building activities.	28 Make one decision today that removes friction for someone else.	29  LEADERSHIP	30 Before making a decision, pause and ask, "What might I be missing?"
31 Bring PERMA to life with <a href="#">5 simple exercises</a> to boost wellbeing.						