






## MAY 2025

This month we focus on strengths that help us achieve our goals by seeing the bigger picture, managing our emotions and actions, and valuing others while staying grounded. Explore the character strengths of **Perspective**, **Self-Regulation**, and **Humility** 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 <a href="#">Mental Health Awareness Month</a>	2  PERSPECTIVE	3 Stuck on a problem? <a href="#">Ask yourself these 3 questions.</a>
4 Prep your space Sunday night for a smoother Monday morning.	5 Looking to grow with others? <a href="#">Join the MBSP program.</a>	6 Journal about something that felt huge a year ago. Notice how your view has shifted.	7 Celebrate your strengths: <a href="#">get your strengths badge!</a>	8 When praised, say "Thank you" (no minimizing, no "It was nothing!").	9 When frustrated, take a " <a href="#">mindful pause</a> " — just breathe and notice.	10 Grab coffee with a friend and share one thing you're proud of!
11 Happy Mother's Day! Recognizing all who lead with heart and humility.	12 Pick a mini habit for the week, like 5-minute stretches — tiny wins count!	13 Step outside. Let nature remind you how beautiful the world is.	14 Share the mic: give others space to share their ideas first in meetings.	15 Spotlight a <a href="#">friend's achievement</a> this week instead of your own.	16  SELF REGULATION	17 Limit doomscrolling: set a 10-minute timer when on TikTok or Instagram.
18 Commit to a screen-free window of time in your day.	19 Get the most out of the <a href="#">VIA Pro Dashboard</a> .	20 Pair a must-do task (like email replies) with a treat (favorite playlist).	21 Strengths are your toolkit for well-being. <a href="#">See what the science says.</a>	22 Post or share something you learned because you got it wrong first.	23 When you feel a reaction brewing, say "pause" before responding.	24 Text a mentor or teacher who helped you become who you are today.
25 Find one story this week that celebrates resilience or hope.	26 When someone vents to you, ask, "Want my perspective or just someone to listen?"	27 Volunteer to help behind-the-scenes at an event or gathering.	28  HUMILITY	29 Choose one of your <a href="#">top strengths</a> to lean into this week.	30 Highlight a team success on LinkedIn or in a meeting.	31 Share one thing you're proud of this week and tie it to a strength you used.

