



## JUNE 2023

This month, focus on the virtue of wisdom and how it can enhance your day-to-day life. Remember, character strengths such as **Creativity**, **Love of Learning**, and **Perspective** have the power to aid in reaching your goals. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Reflect on what <b>creativity</b> means to you.	2 Savor the joy of learning a <b>new skill</b> .	3 Embrace authenticity by being <b>honest</b> with yourself.
4 Watch Dr. Ryan Niemiec's <b>Ted Talk</b> on activating character strengths.	5  CREATIVITY	6 Reflect on what encourages your creativity.	7 Utilize character strengths to reflect on your life's <b>most defining moments</b> .	8 Take a <b>mindful pause</b> using these 3 steps.	9 Think about a difficult time and how you worked to see the bigger picture.	10 <b>Increase your creativity</b> by using your strengths in a new way.
11 Leverage your signature strengths to <b>cultivate flourishing</b> .	12 Explore multiple solutions to a problem you're facing.	13 Let your strengths be a <b>pathway for achieving goals</b> .	14 Set aside "creativity time" to play with a new idea.	15 Explore how you can ignite your <b>love of learning</b> .	16 See how <b>perspective</b> can positively influence your relationships.	17 Understand the <b>benefits</b> of your unique strengths.
18 Offer a friend going through a hard time some new perspective.	19  LOVE OF LEARNING	20 Watch this Ted Talk explaining how <b>perspective is power</b> .	21 Ask someone close to you if they find your perspective valuable and why.	22 Find ways to cultivate a child's <b>love of learning</b> .	23 Recognize what's <b>best in you</b> through the language of character strengths.	24 Learn something new with someone who matters to you.
25 Find <b>connection</b> through art.	26 Find a struggle you have avoided and face it in a new, creative way.	27 Leverage your <b>creativity</b> to break bad habits.	28 Explore how <b>music</b> can be medicine.	29  PERSPECTIVE	30 Get Ted Lasso's take on perspective and " <b>be a goldfish</b> ."	