




AUGUST 2025

This month we focus on strengths that help us achieve our goals by making wise decisions, inspiring others, and bringing lightness and joy to challenges. Explore the character strengths of **Bravery**, **Fairness**, and **Hope** 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
					Boost your optimism by listing 3 things you're excited about this month. 1	Join the program helping people feel better and connect deeper. 2
Encourage a friend to be brave, and share why you believe in their strength. 3	Join us today at the Character Strengths & Neurodiversity Summit . 4	 5	Ask someone what fairness means to them to spark deeper understanding. 6	Free Webinar Today: Build a foundation for every life stage with strengths 7	Recall a time you acted with courage to recognize your inner strength. 8	Acknowledge a friend's effort during a tough time to help them feel seen. 9
 10	Bring big dreams into focus—use a Hope Map to chart your next step. 11	Boost your team's confidence by spotlighting a recent success. 12	Happening today! Join our free webinar on strengths and mental health . 13	Boost performance at work with 3 strengths you already have. 14	Create safer spaces by naming unkind or biased language when it shows up. 15	Prioritize at least one personal activity today to nurture your wellbeing. 16
Write a motivational note for Future You—it might be the pep talk you need later. 17	Learn simple strategies to turn everyday work tasks into meaningful momentum . 18	Build the skillset to help others thrive using Mindfulness and Strengths. 19	 20	Recall a time you made a change —what strength helped you move forward? 21	Use a lesser strength today to show yourself that growth is always possible . 22	Notice your quiet effort—progress still counts even if no one sees it. 23
Limit social media scrolling today and give energy to your own journey. 24	Start your day with a positive intention to move through your day with purpose. 25	Women's Equality Day . 26	Recharge your workday—see how these 7 strengths can help . 27	Explore what matters to fuel a deeper sense of meaning in life. 28	Start a task you've put off to remind yourself that small steps lead to change. 29	Write down one thing that gives you hope about the season ahead. 30