VIA INSTITUTE ON CHARACTER

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OCTOBER 2026

Small shifts in how you show up each day can change how you experience life. This month, shift your view with **Perspective**, bring more energy to your days with **Zest**, and play with new ideas through **Creativity**. Practice your character strengths in new ways this month and see what possibilities unfold.

Perspective

Change your lens

FOR YOU

When something feels overwhelming, ask yourself, “How will I see this a year from now?”

AT WORK

Before your next decision, ask one colleague how they see it, and listen fully before you respond.

IN RELATIONSHIPS

During a disagreement, pause and try to see the situation through the other person’s eyes to better understand where they’re coming from.

REFLECT *What is one situation you could see differently this month?*

Zest

Activate your energy

FOR YOU

Play a song that energizes you. Dance and let loose for a few minutes!

AT WORK

When your energy dips, switch things up for 10 minutes. Step outside, take a quick lap, or work standing up, then return with renewed energy.

IN RELATIONSHIPS

Shake up your routine together. Try a new class, explore somewhere new, or plan a game night to add more fun and energy to your time together.

REFLECT *What gives you energy, and who do you share it with?*

Creativity

Experiment with possibility

FOR YOU

Put your own spin on something familiar: a recipe, room, outfit, or routine.

AT WORK

Challenge the usual way of doing something. Ask, “What could we try differently?” and experiment with one new approach.

IN RELATIONSHIPS

Break from your usual routine together. Try somewhere new, start a tradition, or make an ordinary plan more memorable.

REFLECT *Where could a fresh idea make an ordinary moment better?*

KEY DATES THIS MONTH

ALL MONTH
Global Diversity Awareness Month
Perspective: Seek out a viewpoint different from your own and notice what it helps you see differently.

OCT 1
International Coffee Day
Zest: Turn your first cup into a mindful moment. Slow down, savor each sip, and start your day with intention.

OCT 5
World Teachers’ Day
Perspective: Think of a teacher who saw something in you before you did. Reflect on how their belief shaped you.

OCT 10
World Mental Health Day
Zest: Check in with your energy today. What gives you energy, what drains it, and where could you use a boost?

OCT 31
Halloween
Creativity: Make something instead of buying it. Create a costume, decoration, or treat just for the fun of it.

Discover your character strengths, take the VIA Survey.

www.viacharacter.org

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