



FREE DOWNLOAD

FEBRUARY 2026

Relationships aren't built in big moments, but in everyday choices. This month, explore the character strengths of **Prudence**, **Love**, and **Honesty** to see how they shape the way we show up with others. Prudence helps us pause, Love helps us lean in, and Honesty helps us be real. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Honor <u>Black History Month</u> : recognize courage, resilience, and hope.	2 <u>Meet life's challenges</u> with awareness and strengths – next course starts Feb. 8.	3 Cheer someone on today and give their confidence a little boost.	4 <u>Meet Ashwani Dhar</u> , VIA's new Chief Executive Officer!	5 Attention is an act of care. Review details before moving forward.	6 Pause in a tense moment and ask, <i>Which strength might be at play here?</i>	7 Learn <u>6 tips for resolving conflict</u> using character strengths.
8 Set a realistic <u>plan for the day</u> to protect your time and energy.	9 Spot a coworker's strength today to <u>turn frustration into understanding</u> .	10 Slow down one decision today to feel grounded in your choice.	11 Turn strengths science into workplace impact. <u>Begins March 10</u> .	12 <u>What is prudence?</u> Get clear on what this strength really means.	13 Put your phone down during a conversation and give someone your full attention.	14 Happy Valentine's Day! <u>Replace gift-giving with connection</u> .
15 	16 It's World Kindness Day: do one small act to brighten someone's day. <u>Choose from 30!</u>	17 Turn a delayed decision into a task and get it done!	18 Name what you're really feeling to get clearer on what you need.	19 	20 What if happiness comes before success? <u>Watch this conversation</u> .	21 Choose one media-free moment to <u>reconnect with what's around you</u> .
22 Speak up when something feels off and help uphold integrity.	23 Shake up your routine by <u>using a top strength in a new way</u> .	24 	25 Reframe a stressor through a <u>strengths overuse or underuse lens</u> .	26 <u>Listen with care</u> when a coworker shares a concern. Skip the fix, stay present.	27 Turn intention into action with these <u>four steps for positive change</u> .	28 Write down three ways your actions reflected your values today.