





## OCTOBER 2024

This month we focus on strengths that help us achieve our goals by fostering meaningful connections, empathy, and understanding in our interactions with others. Explore the character strengths of **Prudence**, **Humor**, and **Gratitude** 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<br>Set a goal for the month & make a plan to accomplish it.               | 2<br>Discover our strengths-based <a href="#">Workplace Certification</a> .                                  | 3<br>Prioritize and plan your tasks to maximize productivity.   | 4<br>Last chance! Our <a href="#">Back to School Sale</a> ends October 9th.             | 5<br>Surprise someone with a treat to show your gratitude.   |
| 6<br>Plan your week like a pro!<br>Create a to-do list for the upcoming week. | 7<br><br>PRUDENCE | 8<br>Recognize and enjoy the small wins today.                              | 9<br>Celebrate fun, unofficial holidays (Psst...It's National Pizza Month).                                  | 10<br>It's <a href="#">World Mental Health Day!</a><br>Do something kind for yourself today.          | 11<br>Prepare a meal for yourself or loved ones as a gesture of thanks.                 | 12<br><br>How have strengths positively impacted you?<br><a href="#">We'd love to hear!</a> |
| 13<br>Take a few moments for a gratitude <a href="#">meditation</a> .         | 14<br>Journal about a recent decision & explore your emotions on the outcome.                      | 15<br>Share a funny video with friends & family!                            | 16<br>Unplug for the day and notice how it impacts your mindset.   | 17<br>Ready to activate your strengths?<br><a href="#">Join the webinar</a> at 12 PM ET!              | 18<br>Encourage your team to share funny work-related memes.                            | 19<br><br>HUMOR   |
| 20<br>Refresh your space with a quick clean-up.                               | 21<br>Give yourself space to <a href="#">pause &amp; reflect</a> before jumping into action.       | 22<br><a href="#">10 ways</a> to elevate your strengths journey with Viana. | 23<br>Share a heartfelt letter to a friend expressing your gratitude.  | 24<br><br>GRATITUDE | 25<br>Show appreciation through <a href="#">acts of service</a> —consider volunteering. | 26<br>Unwind with a lighthearted film or comedy series.  |
| 27<br>Create a pros & cons list for an upcoming decision.                     | 28<br>Open a meeting by sharing a joke, fun fact, or a humorous story.                             | 29<br>Snap pictures of things you're thankful for - then share them.        | 30<br><a href="#">Join Dr. Niemiec</a> : A Character Strengths Approach to Mental Health Webinar @ 12 PM ET! | 31<br>Celebrate your progress! Write a thank you letter to yourself.                                  |   |  |