




FREE DOWNLOAD

MARCH 2025

This month we focus on strengths that help us achieve our goals by believing in a better future, celebrating the extraordinary, and understanding social dynamics. Explore the character strengths of **Hope**, **Appreciation of Beauty & Excellence**, and **Social Intelligence** 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 Journal about an accomplishment and how it made you feel hopeful.
2 Last chance! Join the next WATB Consultant Certification cohort (starts 4/14).	3 Start a conversation with someone new & be open to their perspective.	4  HOPE	5 Be aware of group dynamics & engage those who seem quiet or overlooked.	6 Seek out an uplifting story that inspires optimism.	7 Think about a time someone made you feel understood & try to replicate it.	8 International Women's Day
9 Join in a group activity & create a space where everyone feels seen and valued.	10 Listen to music and immerse yourself in the rhythm; let it move you fully.	11 Attend the webinar: Transform Workplace Challenges	12 Reflect on how your actions influence others, consider making intentional shifts.	13  APPRECIATION OF BEAUTY	14 Capture moments of beauty around you, finding inspiration in the everyday.	15 Plan a conversation with a colleague or neighbor to learn more about them.
16 Write down one thing you're looking forward to and why it excites you.	17 Recognize a friend or coworker for a small achievement.	18 Take a few minutes to savor a meal, appreciating the flavor and texture.	19 Think of a time when hope carried you through a challenging moment.	20 Happiness Day	21 Pay attention to non-verbal cues during a conversation today.	22 Stay curious! Learn something new today & spark hope for tomorrow.
23 Listen to an uplifting podcast or TED talk that inspires hope.	24  SOCIAL INTELLIGENCE	25 Check in with a friend or colleague—ask how they're really doing.	26 Try to understand someone else's emotions; ask about their feelings.	27 Look for ways to bring optimism into your workplace or social group.	28 Practice active listening—give someone your full attention in conversation.	29 Explore art, in a gallery or online, notice the details.
30 Take a mindful walk and notice three beautiful things around you.	30 Pause, reflect, and imagine a bright future ahead.					