



NOVEMBER 2023

This month, focus on the virtue of temperance and how it can enhance your day-to-day life. Remember, character strengths such as **Gratitude, Hope, and Humor** have the power to aid in reaching your goals. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Recall a moment from your day that made you laugh .	2 Journal 3 things that you are grateful for today.	3 Reflect on the impact hope can have going into your weekend.	4  GRATITUDE
5 Add humor to your day by watching a sitcom or calling a friend that makes you laugh.	6 Take a moment to express gratitude for a loved one today through a text or phone call.	7 Encourage a friend going through a difficult situation that things will work out for the good.	8 Add a song to your playlist that reflects hope .	9 Write a gratefulness letter to someone you value.	10 Integrate humor in a social setting at work, lunch, or time spent with friends.	11 Take a moment to feel gratitude for an aspect of yourself you have taken for granted.
12 Make note of one good thing that happened in one of your relationships.	13  HOPE	14 Share the gift of laughter and a smile with someone who seems lonely.	15 Learn how shifting your perception leads to hope.	16 Slow down and reflect on the good that has happened in your day so far.	17 Laugh at yourself when you start taking yourself too seriously.	18 See how humor relieves tension and enhances well-being.
19 Learn three practices to enhance your hope and combat burnout .	20 Celebrate the behavior of a friend or partner that typically goes unnoticed.	21 Write down something a coworker did or said that brought laughter .	22  HUMOR	23 Learn how a growth mindset can change your perception of hope in others.	24 Add a song to your playlist that reflects hope .	25 Choose to be playful today by attending a fun event in your local community!
26 Imagine your best self in a close relationship, write which character strengths show up.	27 Create 3 micro goals that help accomplish a larger goal for your future.	28 Find a movie that promotes hope and watch it with a friend or loved one.	29 Reframe a difficult situation with a lighter, more humorous outlook.	30 Craft goals to bolster your task efficiency and inspire hope.		