





SEPTEMBER 2025

This month we focus on strengths that help us navigate life with steadiness, appreciation, and clarity. Explore [Leadership](#), [Gratitude](#), and [Judgment](#) to strengthen your resolve, inspire others, and create balance in your life. The calendar also includes ways to share these strengths with kids, so the practices ripple through families, friendships, and communities. Use them daily to build resilience and spread well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Build habits that strengthen resilience and ease stress – starts September 9.	2 Open your next meeting with appreciation to set a positive tone.	3 Pause before reacting – notice what detail you might be missing.	4 Learn how strengths shape every life stage – watch the session.	5 Spark a meaningful conversation with a child using the Youth Strengths Chart .	6 Text someone a quick thank-you to brighten both your days.
7 Rethink your list: some strengths may surprise you with what they really mean.	8 Learn three core strengths that help leaders unite their teams .	9 Pause before a meal to appreciate the food in front of you.	10 Start a gratitude practice with your child to build a habit of seeing the good.	11  GRATITUDE	12 Lead with steadiness in a challenge to remind others they're supported.	13 Restore your energy with a guided meditation that weaves in strengths.
14 Tell your partner one thing you appreciate about them to build closeness.	15 Transform organizations with strengths . Nov. certification now enrolling.	16  JUDGMENT	17 Ask yourself these 6 questions to exercise your critical thinking .	18 Write down three good things from today to notice life's gifts.	19 Leave a review for a local spot to give back to a business that gave you joy.	20  LEADERSHIP
21 Celebrate International Day of Peace! 	22 Share one piece of good news with someone to spread positivity.	23 Mute your notifications for 15 minutes to think through a decision without distraction.	24 Never miss a chance to learn with VIA – bookmark our events page!	25 Think judgment sounds negative? See why it's actually your superpower .	26 Teachers, discover proven tools to help restore energy and resilience.	27 Offer to organize a gathering to give others a stress-free way to connect.
28 Turn off your phone at dinner to savor the people in front of you.	29 Explore 4 practices to help your child notice their strengths & boost confidence.	30 Find inspiration in the Standing Up Strong podcast with the Holocaust & Humanity Center.				