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VIA INSTITUTE ON CHARACTER®

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November 2026

This season, your strengths are the gift. November is a time to slow down, appreciate the people who make a difference in our lives, and find balance during a busy season. Explore **Gratitude**, **Humility**, and **Self-Regulation** to deepen connections, embrace what matters most, and care for yourself along the way.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Clocks fall back! Use the extra hour to rest and start your week recharged.	2 It's National Gratitude Month. Jot down 3 good things to lift your mood.	3 Let others inspire your growth with 5 steps to practice humility.	4 	5 Try 10 tips to manage pressure this Stress Awareness Day.	6 Register for the virtual 2026 Neurodiversity Summit on Nov.13.	7 Save energy for what you enjoy by setting limits on holiday plans.
8 Take a 15-second mindful pause to choose how you want to respond.	9 Write a gratitude letter to show someone how they've made your life better.	10 Put your phone away during a meal to give your full attention to the people around you.	11 This Veterans Day, share a heartfelt thank-you with someone who served.	12 Share a win at work by celebrating the people who helped make it happen.	13 Honor a kindness you've received by paying it forward on World Kindness Day.	14 Turn everyday moments into joy with 2 ways to practice gratitude with kids.
15 Your strengths hold possibilities. Discover yours with the VIA Survey.	16 Help a coworker feel valued by thanking them for an everyday contribution.	17 Bring intention to a familiar habit with a mindless-to-mindful exercise.	18 Let "I don't know" open the door to learning something new.	19 	20 Before saying yes, consider what you have time and energy for.	21 Show someone how much they matter with these 5 thank-yous.
22 	23 Let kids' daily highlights spark a habit of noticing the good.	24 Take a minute to breathe bring fresh focus to your next task.	25 Listen to a family story you've never heard to see life from another perspective.	26 Giving thanks can make you happier. Share your gratitude this Thanksgiving.	27 Stock up on reports this Black Friday and help others see their strengths.	28 Shop small and celebrate the people who make your community.
29 Tell someone how they made your month better and why it mattered.	30 Step into December with strengths-based tips to keep stress in check.	**2027 COURSES** Minfulness-Based Strengths Practice Workplace Certification				