

SEPTEMBER 2023

This month, focus on the virtue of temperance and how it can enhance your day-to-day life. Remember, character strengths such as **Humility, Prudence, and Forgiveness** 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	2 Exercise your forgiveness by letting go of something that has hurt you.
3 Think about a time when you showed humility .	4 Explore prudence by weighing the pros and cons of a decision today.	5 Reflect on how it feels to forgive someone .	6 Take time to observe and appreciate your own character strengths.	7 Watch Dr. Laurie Santos explain how strengths increase our meaning , well-being and ability to thrive at work.	8 Identify one way you can use prudence to make a difference in the world.	9 Learn 5 ways to strengthen your humility .
10 Acknowledge different perspectives and life experiences of someone else today.	11 Understand the benefits of a strength like humility.	12 Role model an example of forgiveness when someone cuts you off driving.	13 See how humility and forgiveness contribute to gentleness .	14 Watch and discover which strength lan uses to solve problems .	15 Choose one of these ways to exercise prudence and achieve an important goal .	16 Reflect on a decision you have to make, look at the big picture before taking action.
17 Give yourself permission to make a mistake.	18 Consider an interaction that typically involves you sharing and flip it so the other person shares more.	19 Try a forgiveness strengths mantra to improve your day.	20 Ask someone you trust to give you feedback on your struggles and growth areas.	21 Watch how forgiveness helps us become more resilient .	22 Try using the REACH method to practice forgiveness.	23 Before making a choice, use prudence to assess possible outcomes before acting.
 24	25 Think of a task you've been putting off. Map out a plan to get it done .	26 When talking with a friend, practice pausing to think and reflect before responding.	27 Use prudence to make a SMART goal .	 28	29 See how intellectual humility can boost learning.	30 Are your strengths colliding with a colleague?