




FREE DOWNLOAD

JANUARY 2024

This month we focus on strengths that activate meaning in life. Explore the character strengths of **Curiosity, Zest, and Spirituality** to awaken to the inherent meaning in your life and the potential to cultivate meaning each day. Try using them every day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Look at a difficult situation in a new way .	2 Bring enthusiasm into a conversation with a coworker today.	3 Discover the four pillars of living a meaningful life .	4 Use these 7 mantras to motivate your personal growth .	5 Uncover the strengths linked to increased meaning in life.	6  ZEST
7 Reflect on an area of life you might be taking for granted .	8 Perform small acts of kindness for others today.	9 Seek out a new experience to add meaning to your life.	10 Tap into your inner zest by following the Aware-Explore-Apply model.	11 Learn the connection between spirituality and well-being .	12 Recognize your contribution to your team at work or a larger purpose.	13 Make time to discover or revive a hobby that brings you joy.
14 Be open to exploring the unknown .	15  SPIRITUALITY	16 Find 6 ways to add meaning into each day .	17 Call an old friend to reminisce about the good times . Laugh out loud.	18 Uncover three strengths you can use to cultivate meaning at work .	19 Pause and count your blessings . Savor the little things.	20 Prioritize activities that bring out a sense of zest and vitality .
21 Become aware of your positive contributions to the world .	22 Consider how your strengths manifest in a meaningful relationship.	23 Try something that challenges your existing knowledge .	24  CURIOSITY	25 Explore the three pathways to experience meaning.	26 Notice the bigger picture to ignite spiritual exploration.	27 Build inner harmony through mindful use of your signature strengths.
28 Be open to moments of transcendence to replace moments of frustration.	29 Reframe a setback as an opportunity for change.	30 Cultivate spiritual strength through the practice of daily self reflection .	31 Nurture a meaningful relationship by offering support to a friend in need.			