




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