

DECEMBER 2022

Whether you are reflecting on the year that was or looking ahead at the year to come, the strengths of **curiosity** and **perspective** can be your guide. How might these strengths help you take action in creating a more meaningful life? Practice each daily tip and see what new possibilities and ideas emerge.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Discover the two <u>key components</u> of what makes a curious person. ¹	Use this 2 month for reflection with our <u>24 days of character strengths</u> challenge.	Ask yourself 3 these <u>3 questions</u> to exercise your strength of perspective.
Work on your 4 strength of curiosity by asking "why?" more often.	<u>Meeting your future self</u> is a great way to set up for future success. ⁵	Reflect on 6 times when your perspective was easiest to share.	Find out how 7 curiosity can help you to <u>find meaning everyday</u> .	Research a 8 topic that has always interested you but you've never looked into.	Activate your 9 curiosity by trying something different, like a new restaurant.	Learn the 10 difference between perspective and <u>intelligence</u> .
Help someone 11 see what's best in them with the <u>Power of Character Strengths</u> book.	Travel a different route home to explore other areas near you. ¹²	Learn 3 <u>research-backed ways</u> to find more meaning in life. ¹³	 ¹⁴	Tap into your curiosity by listening to this <u>guided meditation</u> . ¹⁵	During the season of giving, learn how to <u>appreciate what you already have</u> . ¹⁶	Read 17 how <u>perspective</u> changed a family in this real-life story.
See what research says about <u>building more meaning</u> into your life. ¹⁸	Discover 19 the <u>core strengths</u> that best describe you.	Ask 20 someone what they are curious about and explore the topic together.	Move from 21 surviving to thriving with these <u>7 things</u> .	Watch a 22 video on how curiosity can <u>boost meaning at work</u> .	Use <u>mindfulness</u> 23 to wake up to life and be more present in 2023.	Practice 24 perspective today by looking at the bigger picture in your life.
 ²⁵	Use these 26 <u>11 methods</u> to invite a greater sense of meaning into your life.	Try a <u>curiosity strength mantra</u> 27 to improve your day.	Practice using your strengths daily in the new year with this <u>planner</u> . ²⁸	Look outside of your inner circle to gather outside perspectives on a problem. ²⁹	Think of a 30 strengths-based resolution for 2023.	Happy 31 New Year's Eve! Use these <u>5 steps</u> to help stick to your new resolution.