

MARCH 2023

This month, focus on building confidence through compassion, authenticity, and self-efficacy. Remember, character strengths such as **Honesty**, **Kindness**, and **Bravery** have the power to help you to reach your goals and be true to yourself. Try using them every day to improve your well-being.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|--|
| | | | 1 Practice bravery by speaking up for what you believe in. | 2 Ask someone how you can best show kindness to them. | 3 Achieve your goals using these 5 steps . | 4 Being authentic is about being honest with yourself and others. |
| 5 Watch the movie Erin Brockovich to explore honesty through story | 6  | 7 When someone asks for your opinion, give it honestly (with a dose of kindness). | 8 Use character strengths to strengthen your self-efficacy . | 9 Learn how you can bounce forward , instead of bouncing back. | 10 Show compassion by actively listening to others. | 11 Take action towards facing one of your fears . |
| 12 Prep for the upcoming week by writing down 3 short term goals. | 13 Discover your courage by using strengths as superpowers . | 14 Use these tools to turn self-loathing into self-love . | 15 Learn about the power of RTI . | 16 Take a mindful pause to respond with your best intentions. | 17 Live today! Join us for a half-day Mindfulness Retreat . | 18 Practice authenticity by accepting yourself and your feelings . |
| 19 Strengthen your self-kindness with this short exercise. | 20  | 21 Watch the movie As Good as it Gets to explore kindness through story. | 22 Learn how bravery can help in accomplishing your goals . | 23 Research shows it can be beneficial to track your kind acts. | 24 Use the language of strengths to notice your strengths . | 25 Discover how kindness and bravery can build stronger communities. |
| 26 Use your strengths as pathways for achieving goals . | 27 Give yourself a break using the power of self-compassion . | 28 Find a struggle you have avoided and face it with honesty. | 29 Experience self-kindness by giving yourself a short break | 30  | 31 Watch the movie Life As A House to explore bravery through story. | |