

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