

OCTOBER 2022

This month, join us in focusing on the justice strengths. When you activate the strengths of **fairness**, **leadership** and **teamwork**, you begin to experience an awareness that goes beyond one's self. Nurture your strengths-spotting skills by identifying these strengths in yourself and in others.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Get to know your greatest strengths. Take the FREE VIA survey.</p>	<p>2</p> <p>Understand what teamwork is all about and put this strength into action.</p>	<p>3</p> <p>PLAN AHEAD: Join us at our Half-Day Mindfulness Retreat Oct 14.</p>	<p>4</p> <p>Practice fairness today by putting yourself in someone else's shoes.</p>	<p>5</p> <p>Improve productivity by focusing on teamwork at home and at work.</p>	<p>6</p> <p>Learn how to activate the justice strengths with your personalized Total 24 Report.</p>	<p>7</p> <p>Did you know? Activating the strength of leadership can boost workplace morale.</p>
<p>8</p> <p>Encourage your teammates to utilize their unique strengths.</p>	<p>9</p> <p>Talk with your team about how you can communicate better.</p>	<p>10</p> <p>Explore 10 Do's and Don'ts of Character Strengths for Mental Health.</p>	<p>11</p> <p>Think of someone strong in leadership. What can you learn from them?</p>	<p>12</p>  <p>FAIRNESS</p>	<p>13</p> <p>10 exercises to "SEA" the best qualities in others.</p>	<p>14</p> <p>Live today! Join us for a half-day Mindfulness Retreat.</p>
<p>15</p> <p>Learn the power of the personal timeout.</p>	<p>16</p> <p>A team that knows its strengths accomplishes more goals.</p>	<p>17</p> <p>Discover the two types of reasoning that comprise fairness.</p>	<p>18</p>  <p>LEADERSHIP</p>	<p>19</p> <p>Think of 1 way you can support diversity on your team today.</p>	<p>20</p> <p>Try 10 Ways to Be Spontaneous with Strengths Spotting.</p>	<p>21</p>  <p>TEAMWORK</p>
<p>22</p> <p>It's Make a Difference Day! Do your best today to make a positive change.</p>	<p>23</p> <p>Think about the upcoming work week. How can you apply teamwork?</p>	<p>24</p> <p>Encourage a child to seek out leadership opportunities.</p>	<p>25</p> <p>Learn how to apply the strength of teamwork in everyday life.</p>	<p>26</p> <p>Give this strengths-spotting activity a try: Top Strengths Bingo.</p>	<p>27</p> <p>Take a moment today to show appreciation for a coworker's unique strengths.</p>	<p>28</p> <p>Challenge yourself to use 4 or more of your character strengths.</p>
<p>29</p> <p>Find out how to use your strengths to be a project motivator.</p>	<p>30</p> <p>Leadership roles can expand your network. Don't be afraid to step up!</p>	<p>31</p> <p>Improve everyday life by activating your strengths.</p>				