






# APRIL 2022

The focus of this month is on 5 character strengths: **Appreciation of Beauty and Excellence, Hope, Gratitude, Spirituality and Humor**. Use this calendar for inspiration, as a reminder or a pathway to more in depth information surrounding these strengths.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Celebrate April Fools' Day by leaning into your <b>humor</b> strength!	<b>2</b> What is one thing you are hopeful for this month?
<b>3</b> Take notice of your <b>surroundings</b> . What about your environment do you appreciate?	<b>4</b> Write down 5 things to be <b>grateful</b> for this week.	<b>5</b> Try <b>personal coaching</b> to help you reach a deeper understanding of yourself.	<b>6</b> Recall why <b>mindfulness</b> is the connector of character strengths.	<b>7</b> Refresh your thinking with 3 simple ways to reduce <b>stress</b> .	<b>8</b> 6 <b>strengths</b> to activate with children.	<b>9</b> Discover the magic of National Humor Month with a laugh!
<b>10</b> Continue the character strengths <b>journey</b> with a new course.	<b>11</b> Start the week with spring cleaning! What area can you refresh?	<b>12</b> Use <b>gratitude</b> to make ordinary moments special.	<b>13</b> Learn how to <b>cope</b> when your day is turned upside down.	<b>14</b> Learn how to <b>balance</b> out your strengths.	<b>15</b> Put more meaning into the words <b>"thank you"</b> .	<b>16</b> Discover the meaning of <b>hope</b> and where it appears in everyday life.
<b>17</b> <b>Tips</b> for reducing stress during Stress Awareness Month.	<b>18</b> Practice <b>appreciating</b> the small things that matter.	<b>19</b> Discover ways to implement more <b>meaning</b> in your life.	<b>20</b> Preview a <b>Top 5</b> character strengths report before buying!	<b>21</b> Ask yourself what parts of your day give you meaning.	<b>22</b> Appreciate the <b>beauty and excellence</b> around us this Earth Day.	<b>23</b> <b>Explore</b> all your character strengths to have a well-balanced life.
<b>24</b> Meditate for 5 minutes.	<b>25</b> Dive deeper into how character strengths <b>impact</b> our lives.	<b>26</b> Enjoy the Spring weather and spend 15 minutes outside!	<b>27</b> Use <b>spirituality</b> to create a sense of purpose.	<b>28</b> Find humor in the day by making someone laugh.	<b>29</b> Better understand <b>honesty</b> in yourself and others.	<b>30</b> Ask yourself how you can be more honest on National Honesty Day.