

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