

JULY 2022

This month, focus on using your strengths of humility, self-regulation, prudence and forgiveness. Reflect on how these strengths work with your mindfulness practice. If you have not already taken the free [VIA Survey](#), we encourage you to do so.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 HUMILITY	 SELF REGULATION	 PRUDENCE	 FORGIVENESS	¹ Boredom-busting activities for kids . #AntiBoredom Month	² If you effectively meet goals, you are likely high in the strength of self-regulation .
³ Dive deep with your highest strengths .	⁴ Consider and celebrate diversity today.	⁵ Build upon these 5 strengths to bolster mental health .	⁶ Who do you admire for their ability to successfully meet their goals?	⁷ GLOBAL FORGIVENESS DAY	⁸ Are you amicable? If so, you are likely high in the strength of humility .	⁹ Rethink a bad habit with the Mindless to Mindful Exercise .
¹⁰ Eliminate Sunday Scaries! List 3 things that you're looking forward to.	¹¹ Identify your top strength and commit to using it this week.	¹² Think of a person you admire because they are humble.	¹³ Can choosing a strength mantra improve your day?	¹⁴ How strengths can help with weight maintenance .	¹⁵ HEADS UP: Mindfulness-Based Strengths Practice begins 9/2022.	¹⁶ Find a podcast that helps connect you to your strengths.
¹⁷ Take a picture of 3 things that make you happy. Send them to a friend.	¹⁸ Are you able to let go of frustrations? If so, you are likely high in forgiveness .	¹⁹ Research shows mindful living can improve your quality of life.	²⁰ Discover how you authentically express yourself in the world.	²¹ 12 Reasons to combine Character Strengths and Mindfulness.	²² Discover a myriad of mindfulness resources .	²³ Consider a recent disagreement. Did you extend forgiveness?
²⁴ Clear your mind by taking a walk.	²⁵ Are you a teacher, manager, coach or counselor? This course is for you.	²⁶ How to make a SMART goal.	²⁷ Do you think before you act? If so you likely have practical wisdom .	²⁸ What does it take to be an adaptable person ?	²⁹ Make a list of 3 goals you want to achieve before the end of the year.	³⁰ INTERNATIONAL DAY OF FRIENDSHIP
³¹ What is your favorite thing about your best friend?						

