

# JUNE 2022

The emphasized strengths of this month are [Perseverance](#), [Hope](#) and [Zest](#). Now halfway through 2022, reflect on how your strengths are supporting you. Use this calendar for inspiration, as a reminder, or as a pathway to more in-depth information surrounding these strengths and your progress this year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>PERSEVERANCE</p>	 <p>HOPE</p>	 <p>ZEST</p>	<p><b>1</b></p> <p><a href="#">Review your strengths</a> as a mid-year kickstart.</p>	<p><b>2</b></p> <p>Use your <a href="#">unique profile of strengths</a> to cultivate greater happiness.</p>	<p><b>3</b></p> <p>Do you stick with things? If so, you are likely high in <a href="#">Perseverance</a>.</p>	<p><b>4</b></p> <p>Weekend warriors: Check an item off your to-do list.</p>
<p><b>5</b></p> <p>Do you have a <a href="#">story of hope</a> you can share with a friend?</p>	<p><b>6</b></p> <p>Discover which <a href="#">strength</a> has the strongest ties to overall life satisfaction.</p>	<p><b>7</b></p> <p>How to avoid <a href="#">perseverance</a> pitfalls.</p>	<p><b>8</b></p> <p><a href="#">Tips for thriving relationships.</a> #NationalBestFriendsDay</p>	<p><b>9</b></p> <p>Spot Hope or Zest in a character that you like in a TV show.</p>	<p><b>10</b></p> <p>Do you have a positive outlook of the future? If so, you are likely high in <a href="#">Hope</a>.</p>	<p><b>11</b></p> <p>When you recognize someone is struggling, offer words of support.</p>
<p><b>12</b></p> <p>Your personalized <a href="#">Total 24 Report</a> provides insight into your behaviors and feelings.</p>	<p><b>13</b></p> <p>Are you excited to get up each morning? You are likely high in <a href="#">Zest</a>.</p>	<p><b>14</b></p> <p>4 tips for <a href="#">sharing hope</a> with friends and family.</p>	<p><b>15</b></p> <p>Think of a person you admire. What strengths can you spot in them?</p>	<p><b>16</b></p> <p>Identify a role model who embodies perseverance. Can you find two ways to emulate them?</p>	<p><b>17</b></p> <p><a href="#">Mindful parenting:</a> Tips for being a hands-on dad.</p>	<p><b>18</b></p> <p>Get <a href="#">FREE tips and tools</a> for your strengths-building journey.</p>
<p><b>19</b></p> <p>Which character strength best describes your dad or father figure?</p>	<p><b>20</b></p> <p>If you like a deal, <a href="#">bundle a report and course</a> to save!</p>	<p><b>21</b></p> <p>Consider a current struggle. Write down two thoughts that bring you comfort.</p>	<p><b>22</b></p> <p>Get social! <a href="#">Join us on Facebook.</a></p>	<p><b>23</b></p> <p>Tackle <a href="#">stress</a> with a new mindset.</p>	<p><b>24</b></p> <p>Are you a "strengths-spotter"? As strengths pop up, point them out!</p>	<p><b>25</b></p> <p>Try a <a href="#">daily planner</a> that can help improve your life with character strengths.</p>
<p><b>26</b></p> <p>No Sunday Scaries! Make a list for the week ahead so you stay focused.</p>	<p><b>27</b></p> <p><a href="#">Tips</a> for unlocking employee engagement.</p>	<p><b>28</b></p> <p>Exert energy in a new way. Jump on a bed! Skip down the sidewalk!</p>	<p><b>29</b></p> <p><a href="#">How to adapt</a> with resilience.</p>	<p><b>30</b></p> <p>Create a list of 5 things you have accomplished this year.</p>		