




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