



# SEPTEMBER 2022

This month, focus on using several of your strengths including [honesty](#) and [bravery](#). Remember, character strengths have the power to help you to stand up for what you believe in (your values) and to reach for your goals. Try using them each day to improve your well-being.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 HONESTY	 BRAVERY	<sup>1</sup> <a href="#">5 Steps</a> to getting boring things done-and ways to enjoy it!	<sup>2</sup> Admitting when you are wrong is a way to activate honesty.	<sup>3</sup> Discover the 3 types of <a href="#">bravery</a> .
<sup>4</sup> Prep for the upcoming week by writing down 3 short-term goals.	<sup>5</sup> How can strengths be a <a href="#">pathway to personal peace</a> ?	<sup>6</sup> Learn how incorporating strengths can <a href="#">improve your relationships</a> .	<sup>7</sup> <a href="#">Mindfulness Based Strengths Practice (MBSP)</a> fall session begins today!	<sup>8</sup> How can sharing an unpopular truth benefit your relationships?	<sup>9</sup> Ask for help! That's a simple way to express bravery.	<sup>10</sup> When you take responsibility for feelings and behaviors, you are exhibiting <a href="#">honesty</a> .
<sup>11</sup> It's Grandparents' Day. If you can, enjoy the day with them.	<sup>12</sup> Take time for a <a href="#">Mindfulness Retreat</a> on Oct14. #MindfulnessDay	<sup>13</sup> Find tips for <a href="#">using strengths in new ways</a> .	<sup>14</sup> Practice bravery in everyday interactions.	<sup>15</sup> When your emotions are transparent, you are expressing honesty.	<sup>16</sup> Learn 5 steps to make <a href="#">SMART goals</a> .	<sup>17</sup> Explore resources to connect your goals to <a href="#">your strengths</a> .
<sup>18</sup> How to appreciate and apply the <a href="#">strength of bravery</a> .	<sup>19</sup> Focus on your <a href="#">signature strengths</a> to improve your life and thrive.	<sup>20</sup> Reflect on steps you have taken to achieve past goals.	<sup>21</sup> INTERNATIONAL DAY OF PEACE	<sup>22</sup> Discover why <a href="#">aligning strengths and goals</a> makes goals easier to achieve.	<sup>23</sup> Follow us on <a href="#">LinkedIn</a> .	<sup>24</sup> Express bravery by having a vulnerable conversation.
<sup>25</sup> Take 2! Prep for the upcoming week by writing down 3 short-term goals.	<sup>26</sup> <a href="#">Use a report and course together</a> for personalized strengths tips.	<sup>27</sup> Giving constructive feedback is one way to ignite honesty.	<sup>28</sup> Reminder: <a href="#">The VIA survey</a> is free. Pass it on!	<sup>29</sup> Looking for a <a href="#">strengths based approach</a> to productivity and happiness?	<sup>30</sup> Think of a movie character that exemplifies bravery.	