




FEBRUARY 2023

Each person has a truly unique character strengths profile. This month, as you think about your relationships and daily interactions, consider how you can appreciate and acknowledge what makes people unique. This practice—known as strengths-spotting—can have a big impact.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Set an intention for the month in how you will show kindness.	2 Last call! VIA's virtual/live Mindfulness-Based Strengths Practice begins Feb 7.	3 Discover ways that your relationships can help you thrive .	4 Do 1 thing to show self-compassion to your body and mind.
5 Practice social intelligence by reflecting on a positive social situation.	6  LOVE	7 Join us live for the first session of Mindfulness Based Strengths Practice .	8 Focus on your strength of love by journaling about your relationships.	9 Watch a movie or listen to a song that reminds you of kindness.	10 Learn how character strengths are a pathway to justice, diversity and inclusion .	11 Offer a random act of kindness to someone you're close to.
12 Use these 10 exercises to spot character strengths in your workplace.	13 Think about what character strengths help you be socially intelligent.	14 This Valentine's Day, focus on 5 mantras for strong positive relationships.	15 Explore the strengths central to who you are with a personalized Top 5 report .	16  KINDNESS	17 Train your social intelligence by making conversation with someone new at work.	18 Boost self-compassion with this loving-kindness meditation .
19 Ask yourself, "who do you care about most?" Then think of ways to show them.	20 Show kindness today by extending appreciation to those around you.	21 Plan a " strengths date " to celebrate what's best in you and your partner.	22 Learn how to build a culture of emotional intelligence in your workplace.	23 Register for our Mindfulness and Strengths Half Day Retreat on March 17.	24 Parents, have a conversation with your children about diversity and equality.	25 Reflect on someone you love. What makes your relationship warm and genuine?
26  SOCIAL INTELLIGENCE	27 Where does love appear in your character strengths.	28 Get to know the 6 strengths that have a strong correlation to meaning.				