MARCH

A Month of Positive Psychol...

Your strengths. One small habit for well-being a day.

2027

MON	TUE	WED	THU	FRI	SAT	SUN
1 Name one of your strengths and use it today	2 Ask a friend what they see as your strength	3 Write about a time you used a strength well	4 Use a strength in a new way	5 Notice a strength in someone else and say so	6 Do something that comes naturally to you	7 Write down three things you do well
8 List your own strengths, or take a short quiz	9 Notice when you feel most like yourself	10 Use your kindness today, however small	11 Use your curiosity: look up one new thing	12 Use your humor to lighten a moment	13 Use your patience on a slow task	14 Use your creativity for ten minutes
15 Use your courage for one small step	16 Use your honesty kindly	17 Notice a strength you tend to hide	18 Thank someone who sees your strength	19 Write how your strength has helped others	20 Choose a task that fits your strengths	21 Write a weakness, then a strength that balances it
22 Teach someone a skill you have	23 Use your love of learning today	24 Use your leadership in a tiny way	25 Use your teamwork with someone	26 Notice a strength that shows up under stress	27 Write a strength you want to grow	28 Say: I am good at... and finish it
29 Use your gratitude: thank someone	30 Use your fairness: help someone get a turn	31 Write your top three strengths				