# A Month of Positive Psychol...

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

2027

MARCH

| 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 | | | | |