SEPTEMBER

A Month of Positive Psychol...

Learning and growth. One small habit for well-being a day.

2027

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Learn one small new thing and share it	2 Try something you might be bad at	3 Ask a question you are afraid to ask	4 Read ten pages of something new	5 Write down what a mistake taught you
6 **Labor Day** Say not yet instead of I can not	7 Learn five words in another language	8 Watch a short video on a topic you like	9 Ask someone to teach you a skill	10 Try a different way to do a daily task	11 Notice what makes you want to give up	12 Praise your effort, not just the result
13 Practice something for fifteen minutes	14 Take notes on something you want to remember	15 Listen to a podcast on a new topic	16 Visit a place that is new to you	17 Ask for feedback on something small	18 Write about a skill you have improved	19 Try a recipe you have never made
20 Take a short course or a class	21 Talk with someone who knows more than you	22 Write three things you want to learn	23 Notice what you can do that you could not before	24 Teach a friend one thing	25 Read about a person who failed and tried again	26 Set a small learning goal for the week
27 Be curious about someone's different view	28 Take a different route on your walk	29 Review what you learned this month	30 Reward yourself for learning			