




MAY 2022

The strengths of this month are **Judgment** and **Fairness** with a focus on **peace** and **conflict resolution**. Use this calendar for inspiration, as a reminder or a pathway to more in-depth information surrounding these strengths.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Celebrate 1 National Women's Health Month by scheduling a well-check.	Find a calm 2 moment in your day. How did this moment impact the rest of your day?	What does 3 justice means to you?	How can you 4 use your character strengths in a new way to further promote fairness?	Join us for a 5 Mindfulness and Strengths Full Day Retreat on May 20th, Register today.	Ask yourself 6 how you can actively practice inclusion in a part of your weekly routine.	See where 7 fairness falls in your ranking of character strengths with the Total 24 Report.
Show 8 appreciation to a mother-figure in your life this Mother's Day.	10 ways to 9 celebrate strengths in the workplace.	Think about 10 your character strength of fairness . What does it mean to you?	How can you 11 use leadership to promote justice in your community?	12 Find or create a moment of harmony today.	With a 13 commitment to diversity and inclusion we can be a stronger community.	14 Think about a small way you practice fairness today.
Celebrate 15 International Day of Families by spending extra time with your loved ones.	How do 16 you use your strengths? Learn how to better balance them!	Research: 17 Which practices are Soaring, Emerging, and Ripe with Potential?	Brainstorm 18 one way you can teach others about fairness.	This 19 workbook helps you find calm in the midst of everyday chaos.	Join the live 20 mindfulness and strengths full day retreat!	Brainstorm 21 ways to improve fairness within your home.
If you lead a 22 team use this report as an insight into each member's strengths.	Educate 23 yourself on a population different from you by reading a news article.	Discover the 24 "golden mean" of your strengths use.	Strike up a 25 conversation with someone you may disagree with and find a commonality between you two.	After taking 26 the VIA Survey, share your top strength with a friend. Are they surprised?	Ask for input 27 from someone you trust about a situation you are unsure about.	Share the 28 free survey with your coworkers. Once they take it, compare notes!
29 Find out how to build more meaning into your life.	30 Apply judgment and critical thinking when making your next decision.	31  LEADERSHIP	 FAIRNESS	 JUDGMENT	