

ELEVATE CALENDAR

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Explore the 24 character strengths .	2 Complete The VIA survey and discover your strengths.	3 What are the 24 Character strengths ?	4 Reflect and journal upon your signature strengths.	5 Use consciously your signature strengths during the whole weekend. Remember that your strengths are expressed in your actions, thoughts, and emotions.	6
7 What are the signature strengths ?	8 Watch Ryan Niemiec's TED Talk on activating Character Strengths.	9 Watch Focusing on Your Strengths Shane Lopez TEDxUCCS	10 Listen to The Power of Character Strengths With Ryan Niemiec	11 Read: Your Character Strengths Are Your Superpowers!	12 "Strengths are the way you shine in the world." How do you plan to shine this weekend?	13
14 See the positive side of people! Practice strengths spotting	15 Explore Strengths-Based Activities & Exercises	16 "You are the average of the five people you spend the most time with ," Jim Rohn Do you agree?	17 You Are The Average Of The Five People You Spend The Most Time With	18 Read: Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond by Lydia Denworth	19 Friends' Day! Celebrate it by expressing how their friendship elevates your wellbeing. Refer to your friends' strengths.	20
21 Listen to: The Secret to Making Friends as an Adult The Happiness Lab Dr. Laurie Santos	22 Read: The Four Qualities of Close Friendships	23 Watch: How friendship affects your brain - Shannon Odell	24 Listen to The Real Reason Adult Friendship Is So Hard & 3 Ways to Make It Easier	25 The Secret Power of Friendship by Simon Sinek	26 Watch any of the top movies about friendship	27
28 Watch: Kitbull Pixar SparkShorts	29 Read and reflect: 15 Prompts for Talking and Writing About Friendship	30 Play a game: Let's Get Deep: Friends Edition	31 July Dump: Was your wellbeing elevated during July? Why? Why not?			



IT'S COMING TO YOUR INBOX!

