

JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1

What is 'time confetti' and how might it be impacting our wellbeing?



2

Why You Never Feel Like You Have Enough Time



3

Would You Like to Trade Time Famine for Time Affluence?



4

Time Affluence / Time Poverty



5

Watch In Time



6

What are the 24 Character strengths?



7

Complete The VIA survey and discover your strengths



8

Explore the 24 character strengths.



9

TEDx: Ryan Niemiec's TED Talk on activating Character Strengths



10

The Power of Character Strengths With Ryan Niemiec



11

Your Friendships Are Fading Away And Here's Why.



12

The 3 Pillars of Friendship



13

The science of why friendships



14

Let's Talk About... Friendship and mental health



15

TEDx Talk: Friendships are your lifeline



16

15 Prompts for Talking and Writing About



17

Friendships: how they impact our well-being and how to nurture



18

TED-Ed: How some friendships last — and others don't



19

Tough Conversations With Friends



20

Celebrate Friends Day! Top 10 Movies About Friendship



21

TEDx Talk: What Boredom Teaches Us



22

You Need to Be Bored. Here's Why.



23

5 Benefits of Boredom



24

How I Stopped Fearing Boredom | The Happiness Lab | Dr. Laurie Santos



25

What Boredom Teaches You

26



27

Sharing Humanity is Working Together to Build Inclusive Societies



28

What Do You Know About Common Humanity?



29

Meditation Common Humanity Meditation



30

Connecting to Our Common Humanity.



31

Meditation: Shared Human Condition



7

IT'S COMING TO YOUR INBOX!