

FREE DOWNLOAD

NOVEMBER 2025

As the year winds down, November invites reflection and renewal. This month's strengths — [Creativity](#), [Love of Learning](#), and [Perseverance](#) — help us pause, adapt, and engage with what matters most. They remind us that growth doesn't stop with the season; it deepens through curiosity, effort, and imagination. The November calendar offers daily ways to spark inspiration as the year comes to a close.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						¹ This Men's Health Month, explore how strengths are redefining mental health.
² Strengthen organizations with VIA's Workplace program — join before Nov. 17!	³ Text a hardworking friend a note of encouragement today.	⁴ Replace "I can't" with "I haven't yet" to build a resilient mindset.	⁵ See how focusing on strengths helps children thrive from the inside out.	⁶ Shift your mindset — use mindfulness and creativity to lift your mood.	⁷ Schedule a mental reset: a deep breath or short break before you push through.	⁸ Take a mindful pause to recharge your energy before moving forward.
⁹ Press play to explore how love and growth evolve through time.	¹⁰ Use the Aware-Explore-Apply model to turn your VIA results into daily action.	¹¹ Transform the ordinary into extraordinary — start with what's on your shelf.	¹² 	¹³ World Kindness Day starts here! 30 acts to inspire joy. ❤️	¹⁴ Teach what's strong, not wrong. See how strengths inspire learning.	¹⁵ Ask yourself, "What's another way to look at this?" before making a decision today.
¹⁶ On the Day of Tolerance, use your strengths to bridge differences.	¹⁷ 	¹⁸ When you feel tired, remember a time you didn't give up— it's proof you can do it.	¹⁹ Discover words that capture and celebrate the essence of the 24 strengths.	²⁰ Celebrate World Children's Day by spotting and naming a child's strengths.	²¹ Wake up your workday: 10 ways to bring your best self to the surface.	²² Switch things around! A refreshed space can recharge your mind.
²³ Learn how virtue and strengths science can help you create your best life.	²⁴ Invite a teammate to share something they love learning about.	²⁵ Grow your comfort and confidence in your strengths with these 6 tips.	²⁶ Invite a new practice into your morning and see what creativity stirs.	²⁷ The key to lasting productivity isn't speed — it's perseverance. Find out why.	²⁸ Ask "why" 5 times today to turn everyday moments into mini learning adventures.	²⁹ 
³⁰ Journal about what you want to create more of in your life next year.						