



FREE DOWNLOAD

JANUARY 2026

A new year doesn't require a reinvention — just a grounded return to what matters most. This month's strengths — **Hope**, **Gratitude**, and **Self-Regulation** — support us in dreaming boldly, appreciating what sustains us, and acting with focus. January's calendar gives you small, powerful ways to begin the year with intention.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Write down one hope for 2026 and keep it visible to guide your focus.	2 Make mindfulness a habit that sticks — guided support starts Jan. 17!	3  HOPE
4 Pause and let intention — not habit — guide your screen time today.	5 View your strengths at work through a new lens and move forward confidently.	6 What does Mindfulness-Based Strengths Practice (MBSP) feel like? Get a free preview on Jan. 12!	7 Take 30 seconds to appreciate something ordinary you often overlook.	8 Build hope this year with 4 activities that bring this strength to life.	9 Unpack the meaning of mindfulness and learn the strengths that fuel it.	10 Tell someone how they made your day better — and brighten their day too.
11  GRATITUDE	12 Move beyond autopilot with 3 pathways to deeper meaning.	13 Visualize tomorrow going well — imagining success boosts hope.	14 Discover how gratitude can strengthen the connections in your life.	15 When stress hits, pause and name one thing going right to reset your attention.	16 Build appreciation by reflecting on 3 Good Things from your day.	17 Revisit a past wish that's now part of your life to see how far you've come.
18 Case study spotlight: Strengths-based impact in the neurodiverse community.	19 Consider Martin Luther King Jr.'s character strengths and how they inspire action in your life.	20 Put your phone down during a conversation or task to stay fully present.	21 Before reacting, take three slow breaths and notice what you're feeling.	22 Looking for the evidence? See the science on character strengths and well-being.	23 Set intentional limits on email and notifications to preserve focus and energy.	24  SELF REGULATION
25 When facing uncertainty, ask yourself: What's still possible here?	26 Focus on people, not logistics — manage VIA Survey invitations in the Pro Dashboard.	27 Watch Dr. Michelle McQuaid share how strengths build confidence amid stress.	28 Discover the #1 action to cultivate and spread peace in your community.	29 Shift your mindset by choosing words rooted in possibility over limitation.	30 Lean into your strengths to turn everyday moments into meaning.	31 Plan your 2026 growth with science-backed learning: 10+ VIA courses offered.