2019-20 Positivity Project Character Strengths Calendar

1. 8-14 Sep - Other People Matter Mindset (OPM2) - Intro Week
2. 15-21 Sep - Curiosity
3. 22-28 Sep - Teamwork
4. 29 Sep - 5 Oct - Open-Mindedness
5. 6-12 Oct - OPM2 - Being present and giving others my attention
6. 13-19 Oct - Integrity
7. 20-26 Oct - Perspective
8. 27 Oct - 2 Nov - Creativity
9. 3 Nov - 9 Nov - Bravery
10. 10 Nov - 16 Nov - OPM2 - Knowing my words & actions affect others
11. 17-13 Nov - Gratitude
12. 24-30 Nov - Gratitude
13. 1-7 Dec - Kindness
14. 8-14 Dec - Humility
15. 15-21 Dec - Self-Control
16. 5-11 Jan - Optimism
17. 12-18 Jan - Prudence
18. 19-25 Jan - Perseverance
19. 26 Jan - 1 Feb - OPM2 - Supporting others when they struggle
20. 2-8 Feb - Forgiveness
21. 9-15 Feb - Love
22. 16-22 Feb - Wildcard/Make-Up
23. 23-29 Feb - Enthusiasm
24. 1-7 Mar - OPM2 - Cheering others’ success
25. 8-14 Mar - Social Intelligence
26. 15-21 Mar - Love of Learning
27. 22-28 Mar - Fairness
28. 29 Mar - 4 Apr - Humor
29. 5-11 Apr - Wildcard/Make-Up
30. 12-18 Apr - OPM2 - Identifying & appreciating the good in others
31. 19-25 Apr - Appreciation of Beauty & Excellence
32. 26 Apr - 2 May - Purpose
33. 3-9 May - Leadership
34. 10-16 May - Other People Matter Mindset (OPM2) - Outro Week