



STRENGTH CALENDAR 2018-2019

The Positivity Project empowers America's youth to build positive relationships - and to understand, appreciate, and exemplify the character strengths in us all.

"Intelligence plus character — that is the goal of true education."

—Dr. Martin Luther King, Jr.

SEPTEMBER 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

STRENGTHS

OPM2 - Other People Matter Mindset

Curiosity

Teamwork

Open-Mindedness

WEEK

9-15

16-22

23-29

30-6

OCTOBER 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

STRENGTHS

OPM2 - Identifying & appreciating the good in others

Integrity

Perspective

Creativity

WEEK

7-13

14-20

21-26

28-3

NOVEMBER 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

STRENGTHS

Bravery

Gratitude

Gratitude

OPM2 - Knowing my words & actions affect others

WEEK

4-10

11-17

18-24

25-1

DECEMBER 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

STRENGTHS

Kindness

Humility

Self-Control

Wild-card/Make-Up

WEEK

2-8

9-15

16-22

30-5

JANUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

STRENGTHS

Perseverance	WEEK 6-12
Hope	13-19
Prudence	20-26
OPM2 - Supporting others when they struggle	27-2

FEBRUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

STRENGTHS

Social Intelligence	WEEK 3-9
Love	10-16
Wild-card/Make-Up	17-23
Enthusiasm	24-2

MARCH 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

STRENGTHS

OPM2 - Cheering others' success	WEEK 3-9
Love of Learning	10-16
Forgiveness	17-23
Fairness	24-30
Humor	31-6

APRIL 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

STRENGTHS

OPM2 - Being present and giving others my attention	WEEK 7-13
Wild-card/Make-Up	14-20
Appreciation of Beauty & Excellence	21-27
Purpose	28-4

MAY 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

STRENGTHS

Leadership	WEEK 5-11
OPM2 - Other People Matter Mindset	12-17



For more information visit
PosProject.org