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| **Understand Emotion (June)** | **Know Yourself (July)** |
| **Build Community (August)** | **Cultivate Compassion (September)** |
| **Take Care of Yourself (October)** | **Be Here Now (November)** |

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| **Focus on the Bright Spots (December)** | **Tell Empowering Stories (January)** |
| **Use Your Energy Where it Counts (February)** | **Be a Learner (March)** |
| **Play and Create (April)** | **Appreciate and Celebrate (May)** |