



2024 Calendar

upbility

Every Perfect Traveller
always creates the country where he travels

Nikos Kazantzakis

Spring brought Joy, a playful breeze rustled its leaves, making it dance with happiness. Along with Joy came Love, bright rays of sunshine warmed its bark, filling it with a sense of deep connection to the world around it.

But as the seasons changed, so did the old tree's feelings. Anxiety arrived with the unstable winds making its leaves shake with worry. Then came Sadness, with soft raindrops falling on its branches, reflecting the melancholy within.

Anger visited the tree twice. The first time as a fierce storm that shook its roots, filling it with fiery energy, and the second time as an intense burn that vomited every last leaf on it.

Curiosity came as a flock of birds perched on its branches, chirping tales of distant lands.

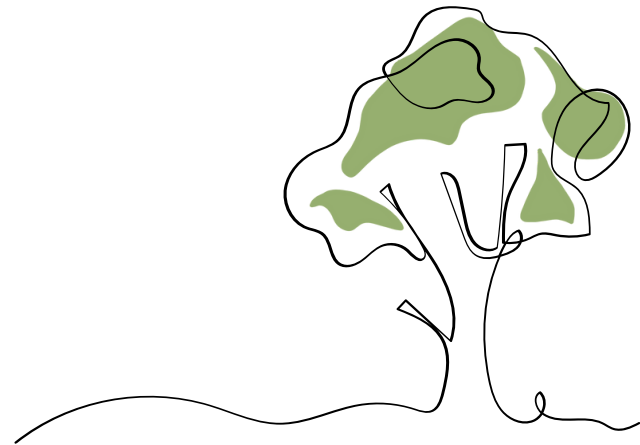
Then Fear stepped forward and the valley was covered in a thick mist that dazzled the tree's gaze, making everything familiar seem strange and frightening. But when dawn broke, Confidence emerged like first light, dispelling the darkness and shielding the old tree's loyalty.

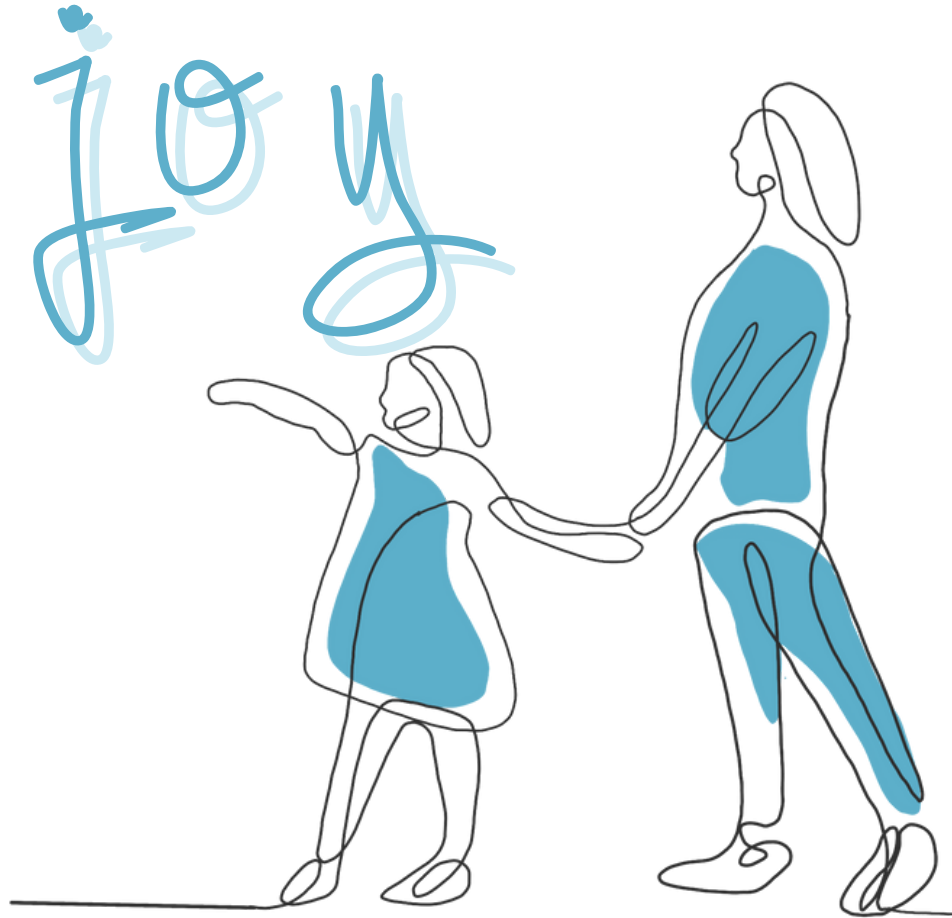
Loneliness visited it as quiet, silent days when no other creature moved beside it.

In those moments, the tree learned to listen to the whispers of its heart, finding peace in solitude.

Patience embraced its roots as a gentle reminder that strength and wisdom do not come with haste, but with the quiet passage of time. Slowly the cycle of seasons closed, then Gratitude arrived, and the leaves of the tree turned into shining diamonds, reflecting the beauty and knowledge of every emotion he had experienced.

Over the course of the year, the old tree came to understand that every emotion was necessary for its growth, the wind, the rain, the rustling, everything it experienced. It learned that, like the seasons, emotions come and go, offering us wisdom and resilience.





Joy is not in things; it is in us.

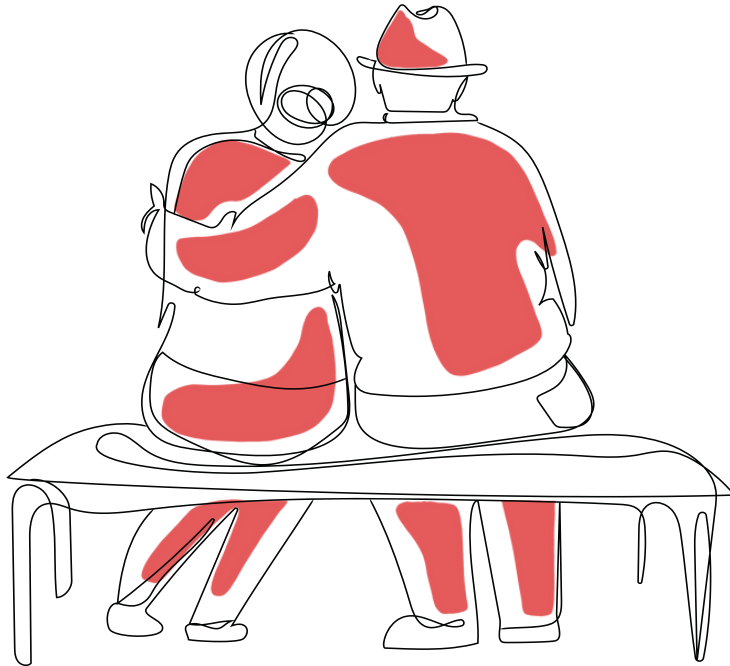
Richard Wagner

January

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7	8	9	10	11	12	13
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Joy is not a constant state, but fleeting moments. It is not found in objects, but in experiences. It is not manufactured, it is physical. It is not in great achievements, but in simple pleasures. It is not imposed, it is spontaneous. Joy is the beauty of life in the small and the great.

LOVE



Love is not control, it is freedom. It is not fragile, it is resilient. It is not doubt, it is trust. It is not noisy, it is quiet. It is not selfish, it is selfless. She is not only found in the big moments, but also in the little things. Love isn't easy, but it's worth it.

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

Lao Tzu

February

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anxiety

Its not stress that kills us, it is our reaction to it.

Hans Selye



Anxiety is not a choice, it is a reaction. It is not always negative, it can be a motivation. It is not a sign of weakness, it is part of being human. It is not uncontrollable, it can be managed. It is not permanent, it is often temporary. It is not always visible, it can be an internal struggle. It is not cured by ignoring it, it is dealt with by facing it. It's not just mental, it affects the body too. It is not always due to major events, sometimes it is found in everyday situations. Anxiety is not an enemy, it is a message to take care of ourselves.

March

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grief

The walls we build around us to keep
sadness out also keeps out the joy.

Jim Rohn



Grief is a natural human emotion, not a sign of weakness. It is a reaction to difficult circumstances, not a character flaw. It is transient and varies in intensity, not a permanent condition. It is part of the emotional spectrum of life, not something to be avoided. Grief can lead to growth and understanding, not just pain.

April

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anger



Anger is a natural, human emotion, not a sign of moral failure. It is often a response to injustice, not necessarily an act of aggression. Anger can be a catalyst for positive change, not just a destructive force. It requires management and understanding, not denial or suppression. Anger expressed in a healthy way can lead to resolution, not perpetuate conflict.

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured

Mark Twain

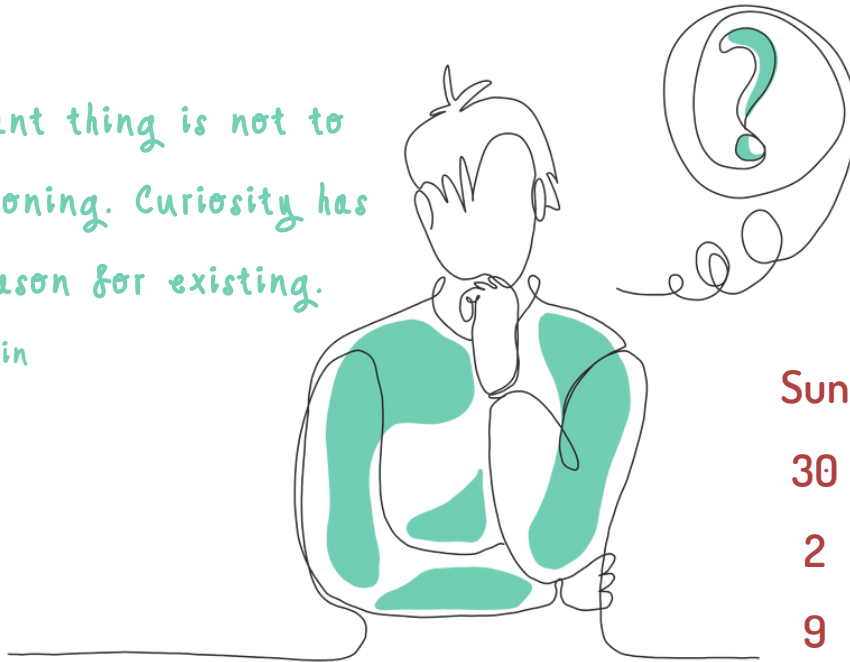
May

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Curiosity

The important thing is not to stop questioning. Curiosity has its own reason for existing.

Albert Einstein

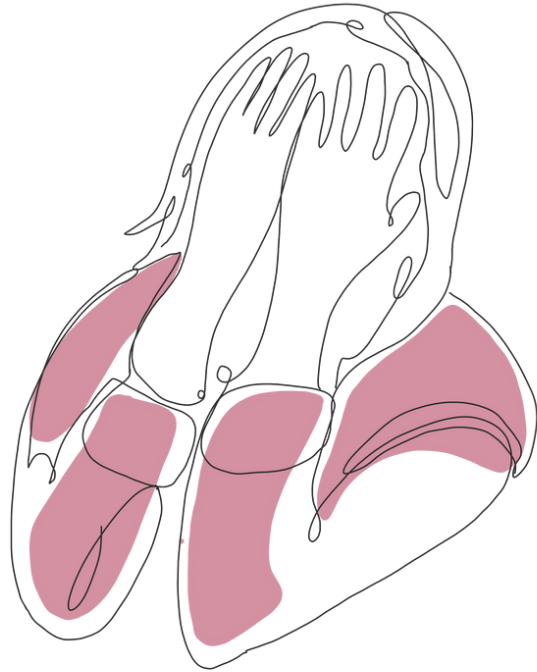


June

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Curiosity is a thirst for knowledge, not an invasion of privacy. It is a desire for exploration and understanding, not indiscretion. It promotes learning and growth, not judgment or suspicion. It is an open pursuit, not a closed interrogation. Curiosity leads to discovery and innovation, not stagnation.

fear



Fear is a natural protective reaction, not a sign of cowardice. It is a warning sign, not a check from fate. Fear can be a motivator for caution and preparation, not an inhibitor of action. It is part of the human experience, not a pathogenesis. Managing fear is a skill, not an innate trait.

The brave man is not he who does not feel afraid, but he who conquers that fear.'

Welson Mandela

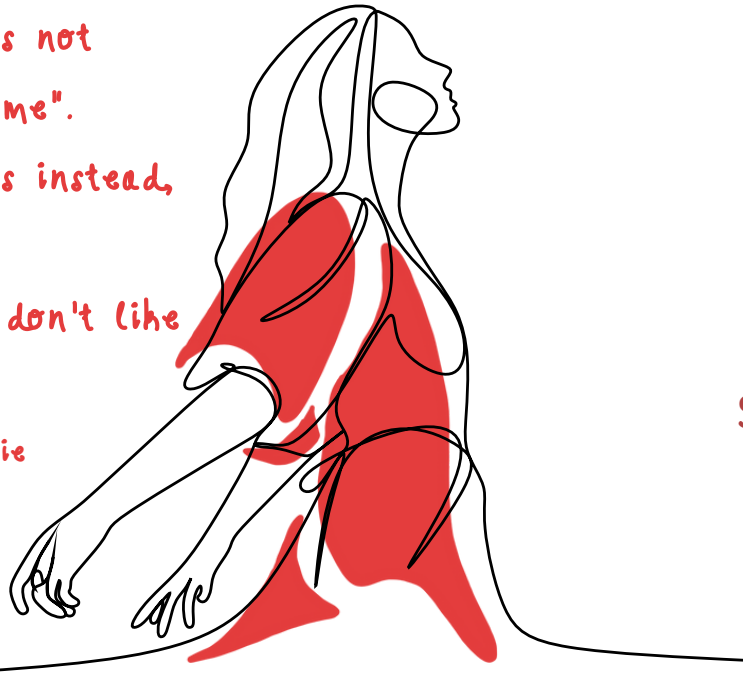
July

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self-confidence

Confidence is not
"they'll like me".
Confidence is instead,
"I'll be
fine if they don't like
me."

Christina Grimmie



August

Sun	Mo	Tu	We	Th	Fr	Sa
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Confidence is a belief in our abilities, not arrogance or ego. It is an inner sense of self-esteem, not a comparison of ourselves to others. It cultivates resilience, not perfection. Self-confidence is being comfortable with who we are, not with pleasing everyone else.

loneliness

The greatest thing in the world is to know how to belong to oneself.'

Michel de Montaigne



Loneliness is a subjective feeling of isolation, not necessarily the result of abandonment. It is an emotional state, not a personal failure. It can be experienced in crowds, not just in physical wilderness. It reflects a desire for deeper connections, not just a lack of social interaction. Loneliness can be a trigger for self-discovery, not just a source of grief.

September

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patience

Patience is not simply the ability to wait - it's how we behave while we're waiting.

Joyce Meyer

October



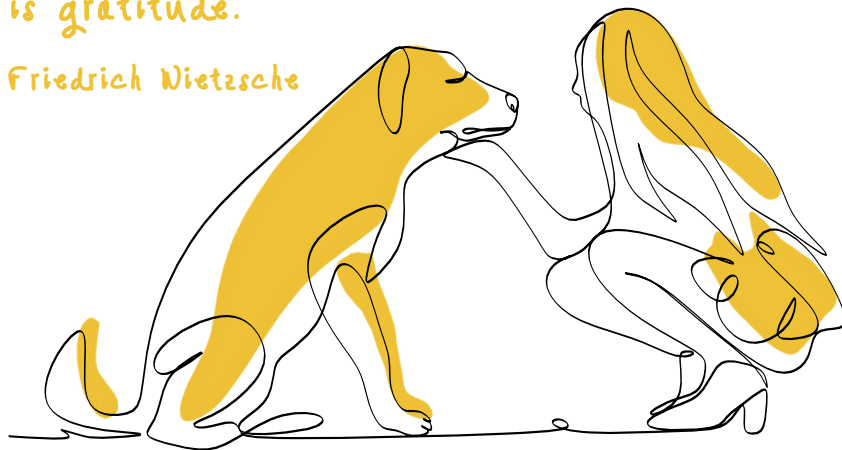
Patience is not a weakness, it is a sign of strength and self-control. It is not resignation, but an understanding of the right time to act. Patience is a virtue that cultivates peace of mind and better decision making.

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gratitude

The essence of all beautiful art, all great art,
is gratitude.

Friedrich Nietzsche

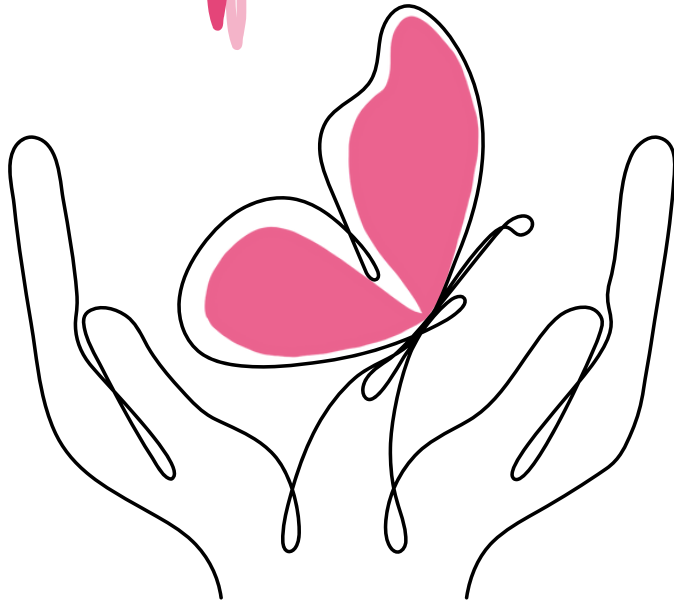


Gratitude is not just a "thank you", but a deep appreciation; it is not a temporary or superficial feeling, but an enduring state. It does not depend on material wealth; we can feel grateful for very small things. It is not only about positive experiences, sometimes, it is also found in challenges. Gratitude is not passive, it often inspires acts of kindness and generosity.

November

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24	25	26	27	28	29	30

hope



Hope is being able to see that there is
light despite all of the darkness
Desmond Tutu

December

Sun	Mo	Tu	We	Th	Fr	Sa
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29	30	31				

Hope is not a wishful thinking, it is an expectation of an optimistic future. It is not a disregard for reality, but the belief of a better outcome. It is not a rare commodity, it is available to all, regardless of circumstances. Hope is a source of strength and resilience, not a sign of naivety.



upbility

Let's embrace the emotions that color our days and define our lives, one emotion at a time, one emotion every month.