

# JULY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> Tell someone how they made a difference for you.
<b>2</b> Get back in touch with someone you haven't talked to in a while.	<b>3</b> Try stargazing and see if you can find constellations.	<b>4</b> Thank someone who volunteers their time to the community.	<b>5</b> Turn off all electronics one hour before bedtime.	<b>6</b> Set an intention to be kind today.	<b>7</b> Be present and really listen deeply to someone.	<b>8</b> Pause to watch the clouds for 5 minutes.
<b>9</b> Find a way to make doing chores more enjoyable with movement or music.	<b>10</b> Take 3 calm breaths several times throughout your day.	<b>11</b> Pick a day and designate it as your "no plans" day to give yourself free time.	<b>12</b> Stop. Breathe. Do an internal body scan and see what you feel on the inside.	<b>13</b> Do an activity that you find yourself absorbed in.	<b>14</b> Notice how you speak to others and choose kind, uplifting words.	<b>15</b> Pay attention while enjoying a beverage and notice how the drink tastes, smells and feels.
<b>16</b> Take a breath and exhale completely before you respond to someone.	<b>17</b> Notice your self-talk and make positive comments with your word choices.	<b>18</b> Sit in silence for 5 minutes today and notice how you feel.	<b>19</b> Appreciate your hands and notice all they do throughout the day.	<b>20</b> Listen to a song or piece of music without doing anything else.	<b>21</b> Notice something you take for granted and how it impacts your day.	<b>22</b> Go outside for a few minutes and feel the air and sun on your face.
<b>23</b> Make time for exercise or movement.	<b>24</b> Plan a relaxing activity.	<b>25</b> Try a new fruit or vegetable you haven't had before and see if you like it.	<b>26</b> Leave a note for someone to find and tell them what they mean to you.	<b>27</b> Notice when you are tired and take a break.	<b>28</b> Do a good deed that helps someone else.	<b>29</b> Genuinely thank someone for doing a routine task that improves your day.
<b>30</b> Prioritize self-care today.	<b>31</b> Watch the sunset.					