

JULY '20

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1
Pick your favorite flower and put it in a vase

2
Give yourself a compliment

3
Spend at least 15 minutes outside

4
Write your manifesto

5
Get up in time to see the sunrise

6
Find a star and make a wish

7
Read a poem

8
Make a list of people you want to check in with

9
Write a Thank You Note to someone who did something nice

10
List 3 changes you want to make

11
Make cookies from scratch

12
Take a nap

13
Put up a note with your favorite affirmation

14
Check in with the people from 7/8

15
List your top 3 favorite physical features

16
Unfollow anyone who makes you feel less than enough

17
Practice saying what you love about your life

18
Plan a lunch date

19
Fix a big breakfast and enjoy it!

20
Journal your bucket list

21
Forgive yourself

22
Spend 30 minutes less on social media

23
Lose yourself in an old movie

24
Make a list of books to read

25
Take a drive somewhere new

26
Write a positive 'review' for yourself

27
Check out a free online course

28
Make Brownies!!

29
Take a bubble bath

30
List 5 things that make you happy

31
Plan your Self Care for August