

July 2020

A time to reflect



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Think of three things you're grateful for and write them down.	2 Take a minute to remember what really matters to you and why.	3 Handwrite a note to someone and send them a photo of it.	4 Independence Day! Happy 244th Birthday America!
5 Make a list of things that you're looking forward to.	6 Remember that all feeling's and situation's pass in time.	7 Reach out to someone you trust and share your feelings with them.	8 Let go of the small stuff and focus on things that matter.	9 Identify what helped you get through a tough time in your life.	10 Go for a walk to reflect on your week.	11 Think about what you can learn from a recent challenge.
12 Remember that funny movie you watched a while back? Watch it again.	13 Remember you are not alone, we all struggle at times.	14 Be willing to ask for help when you need it today (and always).	15 Go for a walk to clear your head when you feel overwhelmed.	16 Catch yourself over-reacting and take a deep breath.	17 Get in touch with a supportive friend and have a chat.	18 Rediscover a fun childhood activity that you can enjoy today.
19 Do three things to bring joy to others today.	20 Make a list of the joys in your life (and keep adding to it).	21 Listen to an uplifting pod cast and share with a friend.	22 Don't be so hard on yourself, it's ok to not be ok.	23 If you can't change it, change the way you think about it.	24 Find joy in music today: sing, play, dance or listen.	25 Share a happy memory with someone who means a lot to you.
26 Reframe a worry and try to find a positive way to respond.	27 Slow down and enjoy your surroundings.	28 Take time to do some journaling today.	29 Reflect on your learning, what can you do better today?	30 Eat food today that reminds you of your childhood.	31 Make a plan with friends to do something fun together.	1
2	3	Notes				