

July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Write a list of ten things you are grateful for.	2 Hydrate, hydrate, hydrate. Attempt to drink one gallon of water.	3 Try "color therapy" & spend ten minutes drawing using bright & uplifting colors
4 Make a list of people who make you smile.	5 Bring colors strategically into your office or workspace.	6 Try Progressive Muscle Relaxation (PMR). Focus on one muscle group at a time.	7 Try Imagineering using visualization of a perfect day & focus on how it makes you feel.	8 Create a list of self-care practices that you know soothe you.	9 Try using a weighted blanket. It simulates a comforting hug.	10 Give someone a hug for 20-60 seconds to release endorphins.
11 Start the week with a goal to get 150 minutes of movement.	12 Make a photo album on your phone of fun family memories to enjoy.	13 List high frequency emotions that you want to feel in your future self.	14 There is a gut-brain connection. Focus on nourishing your body today.	15 Focus on an object when unwanted emotions arise to refocus and be present.	16 Write a morning affirmation that you recite every day.	17 For 10-minutes make a list of 5 people & write 3 things you appreciate about them.
18 Try Breathwork using a square breath; belly breath or visualization breath.	19 Create a Mandala by drawing a circle and filling it with words, images, or colors.	20 Create a space in your home for quiet reflection	21 Make a Happy Playlist to listen to, sing along and dance.	22 Develop a Mantra that you can repeat to yourself several times a day.	23 Try forest bathing (or shinrin-yoku). It broadly means taking in all of the forest atmosphere.	24 When you feel out of balance take a moment to massage your temples.
25 Experiment with scent and find one that soothes you.	26 Dance! Turn on the music or join a dancing group or class.	27 Connect with nature. Take 10 minutes to physically feel the flowers and trees.	28 Spend 10 minutes with a pet or hobby to invoke calm.	29 Find values or beliefs you share to build bridges across differences.	30 Daydream for 5 minutes and journal about your experience.	31 Unfollow people or groups online who don't add meaning to your life.
1	2	Notes				