

# 2022 JULY

## THE POSITIVITY PROJECT

*"The fact is, with every friendship you make and every bond of trust you establish, you are shaping the image of America projected to the rest of the world." --Michelle Obama*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01 Celebrate one win from last month.	02 Jump in a body of water.
03 <a href="#">Register for the free online course, Bridging Differences, offered by University of California and edX.</a>	04 Create a summer reading list.	05 Take a different route home.	06 Have a solo dance party.	07 Self-care is not always gentle. Connect with your inner fierceness to stand up for yourself.	08 Write an acrostic poem.	09 Have a picnic lunch or dinner.
10 <a href="#">Visit a local tourist attraction.</a>	11 Create a summer music playlist.	12 Take yourself out on a date.	13 Watch your favorite summer film.	14 Put your phone away when you need to pay attention to something.	15 Perform a random act of kindness.	16 Go for a bike ride.
17 Track your sleep for a week and identify opportunities to improve sleep.	18 Create a family gratitude jar.	19 Compliment a stranger.	20 Try eating slowly and mindfully, with all your five senses.	21 Avoid saying "must" or "should" to yourself today.	22 Write your worries down and save them for a specific 'worry time'.	23 Set yourself an achievable goal and take the first step.
24 Find fun ways to distract yourself from unhelpful thoughts.	25 Decide to lift people up rather than put them down.	26 If you can't change it, change the way you think about it.	27 Write down 3 things you're grateful for (even if today was hard).	28 Notice when you are feeling judgmental and be kind instead.	29 Switch off all of your tech two hours before bedtime.	30 Happy International Day of Friendship! Have a meaningful conversation with a friend.
31 Pause and savor a positive experience today, letting it really sink in to your brain.	01	02	03	04	05	06
<i>Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive. --Jean Chatzky</i>						