

**S M T W T F S**

# July

**01**

Make a vision board for the month.

**02**

Meditate in a new place today.

**03**

Take 5 minutes to daydream.

**04**

Bake your favorite childhood recipe.

**05**

Practice self-compassion today.

**06**

Make a list of fun activities, then try one.

**07**

Clean or reorganize a room in your house.

**08**

Go to the theatre.

**09**

Try a breathwork practice.

**10**

Free-write for 3 minutes.

**11**

Take a photo of something beautiful.

**12**

Move your body in a way that feels good.

**13**

Get a new houseplant.

**14**

Switch something up in your day.

**15**

Give a hug today.

**16**

Visualize yourself happy and creative.

**17**

Enjoy kisses from the sun.

**18**

Try a relaxation meditation.

**19**

Send a handwritten letter to a friend.

**20**

Find a way to genuinely laugh today.

**21**

Write down 3 things you're grateful for.

**22**

Use your voice-sing out loud!

**23**

Visit a museum or gallery.

**24**

Create with your hands today.

**25**

Enjoy the smell of flowers today.

**26**

Act on the impulse of kindness.

**27**

Explore somewhere you've never been.

**28**

Walk barefoot in grass.

**29**

Do something just for fun today.

**30**

Volunteer in your community.

**31**

Wake up and watch the sun rise.

“Creativity is nothing but a mind set free.”

- *Torrie T. Asai*

*Calm*