

S M T W T F S

July

“Creativity is nothing but a mind set free.”
- Torrie T. Asai

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.

Calm