

25

**GET 8 HOURS OF SLEEP** 

TONIGHT

26

**TALK ABOUT YOUR** 

**FEELINGS WITH A FRIEND** 

## JULY 2021

WED THU F



SUN	MON	TUE	WED	THU	FRI	SAT
ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK	AN ESSENTIAL COMPONENT OF BEING ABLE TO COPE WITH EMOTIONS IS THE PRACTICE OF SELF- COMPASSION	YOU DESERVE TO LET YOURSELF EXPERIENCE ALL OF YOUR EMOTIONS, AND TO TREAT YOURSELF WITH KINDNESS AND CARE	BEING ABLE TO FEEL OUR FEELINGS ACTUALLY MAKES US STRONGER AND MORE RESILIENT	DO SOMETHING THAT MAKES YOU HAPPY TODAY	2 DO SOMETHING OUTSIDE	JOURNAL ABOUT THE EMOTIONS YOU FELT TODAY
CONNECT WITH A FRIEND	5 LISTEN TO ONLY HAPPY MUSIC TODAY	DO YOUR FAVORITE EXERCISE	7 READ A BOOK FOR 30 MINUTES	8 DO A SHORT MEDITATION	DO SOMETHING THAT WILL MAKE YOU LAUGH TODAY	PRACTICE YOUR FAVORITE SELF-CARE ACTIVITY
GO FOR A WALK OR JOG	DO SOMETHING OUT OF YOUR COMFORT ZONE	GO OUTSIDE AND APPRECIATE THE SCENERY	14 WATCH MOTIVATIONAL VIDEOS	CALL A FRIEND YOU HAVE NOT SPOKE TO IN A WHILE	DO SOMETHING TO RELAX	17 DO SOMETHING KIND FOR SOMEONE
WEAR SOMETHING THAT MAKES YOURSELF FEEL GOOD	JOURNAL ABOUT WHAT YOU CAN DO TO PRACTICE SELF-LOVE	20 TRY A NEW EXERCISE	UNPLUG FROM TECHNOLOGY TODAY	22 VOLUNTEER SOMEWHERE WITH A FRIEND	23 START READING A SELF- CARE BOOK	24 SPEND TIME WITH FAMILY TODAY
	ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK  4 CONNECT WITH A FRIEND JOG  18 WEAR SOMETHING THAT MAKES YOURSELF FEEL	ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK   CONNECT WITH A FRIEND  GO FOR A WALK OR JOG  WEAR SOMETHING THAT MAKES YOURSELF FEEL  AN ESSENTIAL COMPONENT OF BEING ABLE TO COPE WITH EMOTIONS IS THE PRACTICE OF SELF- COMPASSION   12  DO SOMETHING OUT OF YOUR COMFORT ZONE  JOURNAL ABOUT WHAT YOU CAN DO TO PRACTICE SELF-LOVE	ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK   CONNECT WITH A FRIEND  GO FOR A WALK OR JOG  WEAR SOMETHING THAT MAKES YOURSELF FEEL  AN ESSENTIAL COMPONENT OF BEING ABLE TO COPE WITH EMOTIONS IS THE PRACTICE OF SELF- COMPASSION  CARE  YOU DESERVE TO LET YOURSELF EXPERIENCE ALL OF YOUR EMOTIONS, AND TO TREAT YOURSELF WITH KINDNESS AND CARE  OD YOUR FAVORITE EXERCISE  12 DO SOMETHING OUT OF YOUR COMFORT ZONE  20 TRY A NEW EXERCISE  OTHER TYOU DESERVE TO LET YOURSELF EXPERIENCE ALL OF YOUR EMOTIONS, AND TO TREAT YOURSELF WITH KINDNESS AND CARE  15 DO YOUR FAVORITE SCENERY  JOURNAL ABOUT WHAT YOU CAN DO TO PRACTICE SELF-LOVE	ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK   TO ONLY HAPPY MUSIC TODAY  THE CONNECT WITH A FRIEND  TO FOR A WALK OR JOG  WEAR SOMETHING THAT MAKES YOURSELF FEEL  AN ESSENTIAL COMPONENT OF BEING ABLE TO COPE WITH EMOTIONS IS THE PRACTICE OF SELF- COMPASSION  TO YOUR EMOTIONS, AND TO TREAT YOURSELF WITH KINDNESS AND CARE  TO YOUR FAVORITE FEELINGS ACTUALLY MAKES US STRONGER AND MORE RESILIENT  TO YOUR FAVORITE FEELINGS ACTUALLY MAKES US STRONGER AND MORE RESILIENT  TO YOUR FAVORITE FEELINGS ACTUALLY MAKES US STRONGER AND MORE RESILIENT  TO YOUR FAVORITE FEEL OUR FEEL OU	ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK  4  CONNECT WITH A FRIEND  12  DO SOMETHING OUT EXERCISE  DO YOUR FAVORITE EXERCISE  13  GO FOR A WALK OR JOG  WEAR SOMETHING THAT AND TO TREAT YOUR SELF OF YOUR CAMPON TO PRACTICE SELF-LOVE  TREAD A BOOK FOR 30 MINUTES  AND TO TREAT YOUR FAVORITE EXERCISE  TO ABSIN ARE SUS STRONGER AND MORE RESILIENT  TODAY  ANAKES YOU HAPPY TODAY  TO	ALLOWING OURSELVES TO FEEL ALL OF OUR EMOTIONS, NOT JUST THE HAPPY ONES, HELPS US MOVE FORWARD INSTEAD OF GETTING STUCK  4 CONNECT WITH A FRIEND  5 LISTEN TO ONLY HAPPY MUSIC TODAY  DO SOMETHING THAT MAKES YOU HAPPY MUSIC TODAY  AND TO TREAT YOURSELF WITH KINDNESS AND CARE  7 READ A BOOK FOR 30 MINUTES  8 BEING ABLE TO FEEL OUR FEELINGS ACTUALLY MAKES US STRONGER AND MORE RESILIENT  7 READ A BOOK FOR 30 MINUTES  8 DO A SHORT MEDITATION  PACTION  11 GO FOR A WALK OR JOG  12 DO SOMETHING THAT MUSIC TODAY  DO SOMETHING THAT WILL MAKE YOU LAUGH TODAY  DO SOMETHING THAT WILL MAKE YOU LAUGH TODAY  PACTION  TODAY  13 GO OUTSIDE AND APPRECIATE THE SCENERY  TO BOUTSIDE AND APPRECIATE THE SCENERY  14 WATCH MOTIVATIONAL VIDEOS  NOT SPOKE TO IN A WHILE  15 DO SOMETHING TO CALL A FRIEND YOU HAVE NOT SPOKE TO IN A WHILE  16 DO SOMETHING TO RELAX  WHILE  17 DO SOMETHING THAT MAKES YOU HAVE FEEL INFO MAKES YOU HAPPY TODAY  TODAY  DO SOMETHING THAT WILL MAKE YOU LAUGH TODAY  WATCH MOTIVATIONAL VIDEOS  TOTAL WHILE  16 DO SOMETHING TO RELAX  TOTAL

JOURNAL ABOUT

**WHAT YOU ARE** 

**GRATEFUL FOR** 

27 UNFOLLOW

**NEGATIVE SOCIAL** 

MEDIA ACCOUNTS

POSITIVE AFFIRMATIONS

BELIEVE IN
YOURSELF

**START YOUR DAY WITH 3** 

30

DO A DEEP

**BREATHING EXERCISE** 

3 1
DO SOMETHING TO TREAT
YOURSELF

Yourself