

July 2024

MON	TUE	WED	THU	FRI	SAT	SUN
<p>1</p> <p>Practice good posture, especially when using cellphone</p>	<p>2</p> <p>Eat 5 fruits and vegetables</p>	<p>3</p> <p>Repeat a positive affirmation 5 times to yourself</p>	<p>4</p> <p>Use 5 random acts of kindness throughout the day</p>	<p>5</p> <p>Read for 30 minutes a day</p>	<p>6</p> 	<p>7</p> <p>Write down things you love about yourself</p>
<p>8</p> <p>Be active outdoors! Run Hike Walk Swim Canoe</p>	<p>9</p> 	<p>10</p> <p>Spend time on a hobby or craft</p>	<p>11</p> <p>Watch a positive Ted Talk</p>	<p>12</p> <p>Ensure you sleep 7-9 hours a night</p>	<p>13</p> <p>Set limitations on screen time. Enjoy summer & the warm weather.</p>	<p>14</p> <p>Check your phone after 10:00. Enjoy the break from technology.</p>
<p>15</p> <p>Laugh with friends and family</p>	<p>16</p> <p>Journal about the summer and what you have enjoyed so far</p>	<p>17</p> <p>Make your bed each morning. This is one task can help you to complete other goals.</p>	<p>18</p> <p>Be consistent with your health. What is a habit you want or should do each day?</p>	<p>19</p> 	<p>20</p> <p>Watch a good movie with a friend or family</p>	<p>21</p> <p>Make a donation of items you no longer use</p>
<p>22</p> <p><i>it's okay to feel</i></p>  <p><i>your feelings</i></p>	<p>23</p>	<p>24</p> <p>Look for people in your community that help others. Thank them</p>	<p>25</p> <p>Facetime with family that you haven't seen in a while</p>	<p>26</p> <p>Have a phone free evening and night.</p>	<p>27</p> 	<p>28</p> <p>Exercise! Run Walk Hike Swim Canoe</p>
<p>29</p> <p>Clean up your online spaces. Unfollow, block or unsubscribe. Declutter</p>	<p>30</p> <p>Make a list of things you are grateful for.</p>	<p>31</p> <p>Journal about what you experience during July. What did you enjoy?</p>				