

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>Make time to do nothing</p> 
<p>2</p> <p>Accept yourself and remember you are worthy of love</p> 	<p>3</p> <p>Speak to yourself kindly</p>	<p>4</p> <p>Plan a fun activity and make time to do it</p>	<p>5</p> <p>Remember: It's OK not to be OK</p>	<p>6</p> <p>Enjoy photos of happy memories</p>	<p>7</p> <p>Cancel unnecessary plans</p>	<p>8</p> <p>Share how you feel and ask for help when needed</p>
<p>9</p> <p>Good enough is good enough</p>	<p>10</p> <p>Notice what you do well, no matter how small</p>	<p>11</p> <p>Find time for self-care. It's not selfish; it's essential</p>	<p>12</p> <p>Give yourself permission to say "no"</p>	<p>13</p> <p>Choose a calming phrase to use when you feel low</p>	<p>14</p> <p>Get active outside to give your body and mind a natural boost</p>	<p>15</p> <p>Make space to breathe and be still</p>
<p>16</p> <p>Let go of other people's expectations of you</p>	<p>17</p> <p>See your mistakes as steps to help you learn</p>	<p>18</p> <p>Find a new way to use one of your talents</p>	<p>19</p> <p>Write down 3 things you love about yourself</p> 	<p>20</p> <p>Go back to basics: Eat well, exercise, go to bed on time</p>	<p>21</p> <p>Remind yourself that you are good enough just the way you are</p>	<p>22</p> <p>Be as kind to yourself as you would be to a loved one</p>
<p>23</p> <p>Leave positive messages for yourself to see regularly</p>	<p>24</p> <p>Don't compare how you feel inside to how others appear outside</p>	<p>25</p> <p>Ask a trusted friend to tell you the strengths they see in you</p>	<p>26</p> <p>Busy week? Allow yourself to pause and take a break</p>	<p>27</p> <p>Forgive yourself when things go wrong</p>	<p>28</p> <p>Notice your feelings without judging yourself</p>	<p>29</p> <p>Do something you really enjoy</p> 
<p>30</p> <p>Slow down and be kind to yourself</p>	<p>31</p> <p>Plan a vacation</p> 					