

JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Get 20 minutes of sunshine
2 Take a bath	3 <u>Read a book</u>	4 Spend time with family	5 Take a nap	6 Watch the sunset	7 <u>Movie night</u>	8 Volunteer
9 Meditate for 5 mintues	10 Take a yoga class	11 Grab coffee with a friend	12 Call someone you love	13 Journaling	14 Enjoy a night out	15 Go swimming
16 Go to the farmer's market	17 Dress up today	18 Try a new tv show	19 No social media	20 <u>Try a new podcast</u>	21 <u>Paint like Bob Ross</u>	22 Watch the sunrise
23 Sleep in	24 <u>Face mask</u>	25 <u>Bake something</u>	26 Spa day	27 30 minutes quiet time	28 Clean your room	29 Go on a road trip
30 Set goals	31 Try out a new recipe					

Feel free to customize this calendar to best fit your schedule!!