July 2026

> The version of you, you dream about is already possible.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 sit in silence for 20 minutes	2 sit by the water in the evening	3 visit with an elder	4 go for a hike
5 take a scenic drive	6 journal for 30 minutes	7 visit with an elder	8 meditate in the evening	9 go for a hike	10 self-care day	11 sit in silence in the afternoon
12 journal	13 meditate in the morning	14 take a scenic drive	15 self-care day	16 visit with an elder	17 sit by the water during sunset	18 go for a hike in the woods
19 visit with an elder	20 self-care day	21 sit by the water before sunrise	22 journal	23 meditate after breakfast	24 go for a hike in the woods	25 take a scenic drive
26 sit by the water in the evening	27 journal	28 visit with an elder	29 meditate before bedtime	30 self-care day	31 reflection on this month	

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Wellness Matters Movement
Take time to complete simple tasks this month to improve your mental and physical wellness