

Women With Intention's July 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 What is the one thing you want to do this summer? Schedule it!	2 Do you have celebration plans for the 4th? Do you need to buy ingredients or supplies?	3 There are many weddings in July. Do you need to buy gifts or cards? Make your list!	4 Refresh your body and soul with a 20 minute nap!
5 Unplug from technology for the whole day! Enjoy the time away from email and social media!	6 Meal Plan Monday- Create your list of meals for the week	7 Write down 5 things you are thankful for!	8 Put on some upbeat music and take care of something you've been putting off	9 How many magazines can you recycle today? Waiting rooms are a great place to share with others!	10 Schedule a summer barbecue with friends!	11 Have you been to the Farmer's Market this year? Go enjoy some fresh from the farm produce!
12 Create your meal plan for the week and don't forget to add your produce you bought at the Farmer's Market!	13 Have you completed a mid year review or your goals and projects?	14 Have you thought about having a 14 Day No Spend Challenge to save money for a purchase or back to school supplies? Check the blog for details!	15 Work 15 minutes on a project that you have been wanting to cross off your list!	16 Set a reminder on your calendar to pay your bills so they are done on time.	17 Schedule 3 hours for yourself this weekend!	18 When is the last time you cleaned out under your bed?
19 Do something you enjoy-right now!	20 Do you need all of your memberships? Can you cancel some to free up some time?	21 Do you have fair and reasonable expectations? Do you let people know your expectations?	22 Do you have socks that you never wear? How about shirts? If you no longer love them, let them go!	23 What can you do to be content today? Stay out of the store? Off the internet? Whatever it is, do it!	24 Do you need to work on a habit? Make a sticky note to start doing it where you'll see it!	25 It's 5 months until Christmas. Do you need to open a special savings account to keep you debt free?
26 Do you rush your family? Try giving them more notice.	27 Do you have a good chore system? If not, what can you change?	28 Do you have DVDs or games that you no longer use? Give them away!	29 Have you been getting enough sleep? Go to bed early tonight!	30 Go to the library and read something that you want to read!	31 Have you thought about having a yard or garage sale this year?	