


Women With Intention's July 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 What special occasions do you have in July? Make a list of gifts and cards that you need to buy	2 Do something today that relaxes your mind and body.
3 Unplug from technology for the whole day!	4 Spend time with people you care about today.	5 Take a walk today and enjoy nature.	6 Have you completed a mid year review on your goals and projects?	7 Do you need to schedule any appointments? Do that today.	8 When is the last time you cleaned out under your bed?	9 Schedule a summer barbecue with friends!
10 Have you been treating those close to you how you want them to treat you?	11 Say "No" to something this week and use that time to focus on what brings you joy.	12 If you are struggling with your finances, have you thought about a No Spend Week?	13 Do you have a thankful attitude or an entitled attitude? It's all up to you!	14 Send a card to someone that you love.	15 Try staying home as much as possible this weekend to rest.	16 Do you have any outstanding obligations? Can you take a step to finish today?
17 Sit and breathe for 10 minutes.	18 What is one thing you can do today to lessen your workload?	19 Have you been drinking enough water? Buy a cute water bottle to help you remember!	20 Set a reminder on your calendar to pay your bills so they are done on time.	21 Do you have fair and reasonable expectations? Do you let others know your expectations?	22 Take a 20 minute walk today!	23 Do something you enjoy today!
24/31 Prepare your fruits and veggies for the week to stay on track! ***** Have you downloaded the August Self-Care Calendar?	25 It's 5 months until Christmas. Do you need to open a special savings account to keep you debt free?	26 What are you holding onto that no longer serves you? Let them go to someone who needs them!	27 Pamper yourself with clean sheets, a great smelling bedroom, and a good book tonight!	28 Have you thought about your goals for next month? Spend 15 minutes today designing a plan to reach them!	29 Make your budget for August. Don't forget school supplies!	30 Make a list of birthdays and other special occasions in August. What do you need to buy for these occasions?