

July Self-Care Challenge

Color a **sun** for every activity completed. Complete in **any order** you choose ☺
 Instructions and links for the activities: www.bestlifeworkshop.wordpress.com

<p>1 Post-Pool Skin and Hair Care</p> 	<p>2 Explore a new town or place</p> 	<p>3 Make a craft</p> 	<p>4 Freedom reflection</p> 	<p>5 Try a new salad recipe</p> 
<p>6 Indoor Walking Workout</p> 	<p>7 Global Forgiveness Day</p> 	<p>8 Blend a blueberry hair mask</p> 	<p>9 Explore an interest sign up for a class</p> 	<p>10 Explore a new garden or museum</p> 
<p>11 Make a vision board for hobbies</p> 	<p>12 Explore a new restaurant</p> 	<p>13 Standing Abs Workout</p> 	<p>14 Embrace discomfort</p> 	<p>15 Blend a banana scalp mask</p> 
<p>16 Listen to an outdoor concert</p> 	<p>17 Rearrange the furniture in a room</p> 	<p>18 Summer Guided Meditation</p> 	<p>19 Try new tastes in produce</p> 	<p>20 Ten-Minute HITT Workout</p> 
<p>21 Cards to Aunts and Uncles</p> 	<p>22 Blend an avocado hair mask</p> 	<p>23 Ride a thrill ride or do something fun</p> 	<p>24 Happy Intl. Self-Care Day!</p> 	<p>25 Travel and hobbies affirmation</p> 
<p>26 Explore international foods</p> 	<p>27 Balance and Pilates Workout</p> 	<p>28 July Gratitude List Trying new things</p> 	<p>29 Watch the Delta Aquarid meteors</p> 	<p>30 Infuse routines with surprises</p> 
<p>How many did you complete? _____ out of 31.</p>		<p>31 Play a lawn game</p> 	<p>July Affirmation My interests, hobbies and adventures help me live my life to the fullest.</p>	
<p>#BESTLife Workshop.wordpress.com © Mary Fletcher Jones, 2022</p>			<p>Self-Care Theme of the Month: Travel & Hobbies Meditation Crystal of the Month Moon Stone: Travel, Adventure & Protection</p>	