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

		T		1	1	
1	2	3		4	5	
Post-Pool	Explore a	Make a craft		Freedom	Try a new	
Skin and Hair Care	new town or place			reflection	salad recipe	
		A PAR				
\$ \tau	\$ \tau	\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		\$ \dagger	₹ **	
2 2						
- Frederick	- Marina	- Marin		- Marin	- Marin	
b la de en Melleie e	Olahal	Black a block arm		9	10	
Indoor Walking	Global	Blend a blueberry		Explore an interest	Explore a new	
Workout	Forgiveness Day	hair mask		sign up for a class	garden or museum	
	\$ \tag{\tag{\tag{\tag{\tag{\tag{\tag{			E E E E	E E E E	
The state of the s	Z Z	2				
11	12	13		1/	15	
Make a vision board	Explore a new	Standing Abs		Embrace	Blend a banana	
for hobbies	restaurant	Workout		discomfort	scalp mask	
To Hobbies	restaurant Ann	, SPn		SP2	Scalp Mask	
5 00					<i>\$</i>	
Z) Z						
Throng	The water	Thomas		2 Transmit	2 Try with	
16	17	18		19	20	
Listen to an	Rearrange the	Summer Guided		Try new tastes in	Ten-Minute HITT	
outdoor concert	furniture in a room	Meditation		produce	Workout	
C C C C C C C C C C C C C C C C C C C	(ASA)					
	\$ \tag{\tag{\tag{\tag{\tag{\tag{\tag{					
- Marin	, Marina	- Frystering		- French	- Frederick	
21	22	23		24	25	
Cards to Aunts and	Blend an avocado	Ride a thrill ride or		Happy	Travel and	
Uncles	hair mask	do something fun		Intl. Self-Care Day!	hobbies affirmation	
\ \tag{\(\frac{1}{2}\)\}						
The way	Z T WIN	Fry And		The same		
26	27	28		29	30	
Explore international	Balance and	July Gratitude List		Watch the Delta	Infuse routines	
foods	Pilates Workout	Trying new things		Aquarid meteors	with suprises	
w Pm	w Pm	A PM		w CP m	w Chr	
	<i>₹</i> \\$				<i>\$</i>	
		10000000000000000000000000000000000000				
Tymore	Typen	Trans		Throng	Typon	
How many did you complete?		31		July Affirmation		
		Play a lawn game				
out of 31.				My interests, hobbies and adventures		
				help me live my life to the fullest.		
		Z NOTE STATE OF THE PARTY OF TH		noip mo m o my		
Self-Care Theme of the Month: Travel & Hol						
#BESTLife Workshop.wordpress.com						
© Mary Fletcher Jones, 2022				Moon Stone: Travel, Adventure & Protection		