

July Evening Self-Care

All You Need is 30 Minutes

S	M	T	W	T	F	S
28	29	30 	1 Write down ten things you're grateful for.	2 Listen to your favorite music for thirty minutes.	3 Write down ten things you love about yourself.	4 Stargaze or watch the July 4th fireworks.
5 Follow a light stretching or pilates tutorial at home.	6 Read a chapter of a book.	7 Go for a sunset walk.	8 Enjoy a cup of herbal tea in silence.	9 Have a bubble bath.	10 Tidy up your bedroom.	11 Create a cozy nook for yourself at home.
12 Have thirty minutes of no-screen time.	13 Draw or doodle.	14 Look through old photo albums (with happy memories).	15 Reach out to a friend to catch up.	16 Try a face sheet mask.	17 Relax and watch TV for thirty minutes.	18 Have an exfoliating shower.
19 Work on a giant puzzle.	20 Journal about your year for 30 minutes.	21 Write down your goals for the remainder of the year.	22 Make a vision board with your dreams.	23 Pack or plan a nice lunch for next day.	24 Try a new 15-minute dinner recipe tonight.	25 Call a family member just to chat.
26 Try some deep-breathing exercises.	27 Give yourself a manicure.	28 Listen to an interesting podcast.	29 Order in something from your favorite restaurant.	30 Watch the sunset and reflect.	31 Work on a DIY craft project.	1  Ordinary & Happy



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