

# Sweet Gestures *for July*

S	M	T	W	T	F	S
28	29	30	1 Compliment a loved one in a quick message.	2 Get a loved one a plant or seeds for the garden.	3 Have a July 4th evening get-together before the weekend activities.	4 Celebrate July 4th weekend together.
5 Send a loved one a thoughtful message about how much they mean to you.	6 Give a loved one a heartfelt hug.	7 Invite loved ones over for iced tea on the patio.	8 Send a loved one an old photo of you together.	9 Quote a line from their favorite movie.	10 Send a loved one a funny meme.	11 Organize a video call to catch up.
12 Share a movie recommendation.	13 Send a playlist of summer dance songs.	14 Share an uplifting quote with a loved one.	15 Frame a photo (which includes them) for the house and send them a picture.	16 Offer to help with something.	17 Go to a drive-thru to get coffee or dessert with a loved one.	18 Start a 'memory lane' conversation.
19 Go for gelato on National Ice Cream Day.	20 Send a loved one an inspiring 'good morning' quote or message.	21 Send a loved one a list of places you've been together.	22 Have a deep conversation with a loved one.	23 Get a loved one fresh flowers.	24 Reminisce together.	25 Give them tickets to a movie premiere they'd love.
26 Invite loved ones over for a backyard BBQ.	27 Create a shared bucket list you and a loved one can add to.	28 Get a loved one a small gift.	29 Make plans to get together at some point.	30 Tag a loved one in an inspirational post online.	31 Go for coffee in the sunshine.	1  Ordinary & Happy