

July 2020

FOCUS: Mindfulness

CHALLENGE: Do a mindfulness activity each day.



MY GOAL FOR THIS MONTH: _____

How will I achieve this? _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 SET A SMART GOAL FOR THE MONTH	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Share your wellness achievements with us!

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