JULY + BeCreative

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|---|
| | | 1 Doodle for 5 mins. Anything goes! | 2 Take a photo of something in your workspace that brings you joy. | 3 Listen to a genre of music you don't normally choose. | 4 Solve a riddle or puzzle. | 5 Try a new recipe, or just a new ingredient! |
| 6 Play a "joy" song. Find a household item to use as an instrument and play along! | 7 Capture a moment of calm outdoors— look for color, texture, or movement. | 8 Write a six-word story about your shift or workday. | 9 Find a free or low- cost live music event near you and make plans to attend this month. | 10 Set a creative intention for your day (e.g., "I'll notice patterns," "I'll stay curious"). | 11 Try a "no rules" journaling session— just write whatever comes to mind. | 12 Change/reorga- nize your workspace or a room in your home. |
| 13 Write down 3 small goals you want to achieve in the next 6 months | 14 Choose your personal theme song. Play it when you need a boost. | 15 In the evening, find a quiet outdoor space. Reflect on how you were present today. | Practice grounding 16 with the Root Chakra. Sit quietly, breathe deeply, and repeat: "I am safe" and "I am grounded." Watch the video. | 17 Start your day with a 30-second energy shake! Wiggle, bounce, or jump—then notice how you feel. | 18 Challenge yourself to sit silently for 10 minutes. Notice your breath, thoughts, and surroundings. | 19 Take a walk outside. Notice the different sounds your footsteps make. |
| 20 Begin your morning outside. Sit quietly, listen to the sounds around you, and set an intention for your day. | 21 Write about a moment today that made you smile. | 22 Color in a coloring page (print one or use an app). | 23 While preparing a meal, pay attention to the sounds of slicing, sizzling, or stirring. | 24 Build a feel-good playlist with songs that lift your mood and save for when you need a boost. | 25 Practice gratitude-make a list of things that make you happy. | 26 Pick a motivational song and create a simple 5-step dance routine to go with it! |
| 27 Ask someone to share a meaningful song. Listen and learn why it matters to them. | 28 Create a drawing using only circles. | 29 Make a list of things you want to do or try in the next year. | 30 Doodle with your non-dominant hand. | 31 Listen to a song linked to a happy memory– then share it and the story with a friend or colleague. | | |

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