JULY 2023

Becoming **independent** builds self-confidence.

Choose Love by practicing your own independence in July. Being independent builds self-confidence and self-reliance, plus it creates motivation and perseverance.

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 Make a list of everything you want to do this summer.
2 Having choices creates the power of good decision-making.	**3** Practice a minute of mindful breathing.	**4** **Independence Day!** Wear red, white and blue.	**5** Start a summer of '23 collection. It could be coins, shells, trading cards, etc.	**6** Play a word game like Boggle, Scrabble, or a friendly game of Hangman.	**7** Offer to help make lunch using your favorite summer ingredients.	**8** Make someone laugh with a "try not to laugh" challenge.
9 Play your favorite summer song and dance, dance, dance.	**10** Learn about earning, saving and spending money by offering to do chores.	**11** Compliment someone today. YOU ARE AWESOME!	**12** Enjoy the moment. Have a Lot of fun	**13** Write positive messages on sticky notes and hang them up around the house.	**14** Create happy doodles on the sidewalk with chalk.	**15** Practice thinking calming thoughts when you start feeling upset.
16 Create a "me" space in your house.	**17** Make a "happy jar" and fill it with happy thoughts.	**18** Start a 10-minute tidy-up routine before dinner every day.	**19** Go outside and read a good book.	**20** What are 5 things that you enjoy doing by yourself?	**21** Be an extra good friend today. How can you show gratitude for your friendship?	**22** Play a board game with your favorite people.
23 Write a poem about summer.	**24** Spend some quality time with yourself.	**25** Hold the door for people behind you.	**26** Snack on summer fruit.	**27** Have playtime with some of your old toys.	**28** Catch lightning bugs and then let them go.	**29** Go to the beach or the park and have some fun.
30 Be an insect super spy. See what you find lurking under rocks.	**31** It's been a great month. Hip hip hooray!					

"Freedom is nothing but a chance to be better." **—Albert Camus**