



July

2017

# July - Month of Contentment

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 July's birthstone is ruby, symbol of contentment	2 Think about happiness for you, what is it like?
3 As you enter a new week, set a happy intention	4 How can you spread happiness at work today?	5 How is your happiness rating at work - out of 10	6 Do what you love or love what you do	7 Affirm, 'Today and every day I choose happy'	8 Happiness is within not with external things	9 Our happiness is in our hands. We can choose.
10 Motivation Monday, start your week right	11 Think about what steals away your happiness	12 Stress, passivity, expectations and fear - our thieves	13 Think about what makes you smile & at your happiest.	14 Gratitudes are the greatest route to happiness	15 Take five minutes to think of your appreciations	16 Choose to do happy things today with people you love
17 Monday morning & time to set your thinking straight	18 Our happiness is our responsibility not others		20 Affirm 'I can create my own happiness'	21 It's time to make our happiness a priority	22 Allow the weekend to nourish your heart	23 Whatever roles you play, be a friend to yourself
24 Note where you get stressed easily and breathe	25 Allow 5 minutes each day to find stillness & breathe	26 It is in stillness that we find our greatest peace	27 Focus on your breath for instant stress relief	28 Affirm, 'I am learning to build my self-respect'	29 Today, I decide to assert my need to stop and rest	30 It's International Day of Friendship; give a hug & love
31 Affirm, 'I am learning to become more content'						