



# JULY 2022

## Inspiration Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 See <a href="#">Canada Day</a> explained to Americans.	2 Cheers to summer - make a <a href="#">cocktail</a> or <a href="#">mocktail</a> .
3 Follow one of these <a href="#">eco-friendly Tik-Tokers</a> .	4 Independence Day: Try these tasty <a href="#">4th of July recipes</a> .	5 Feeling blah at work? Get motivated with one of <a href="#">these quotes</a> .	6 Check out these awesome & <a href="#">FREE workout resources</a> .	7 'Tis the season for foraging. <a href="#">Here's how to do it</a> .	8 Get high on life with this <a href="#">good vibes playlist</a> .	9 Try one of these fun <a href="#">outdoor date ideas</a> .
10 Watch this <a href="#">puppy meet newborn kittens</a> .	11 Be inspired by quotes from <a href="#">these amazing women</a> .	12 Find out why <a href="#">biophilic design</a> is trending.	13 <a href="#">Reframe stress</a> to improve your health.	14 Sip on <a href="#">this</a> to cool down. #ThirstyThursday	15 Take in the beauty of nature - <a href="#">these 10 photos</a> will leave you in awe!	16 Pack these <a href="#">chocolate chip banana bread bars</a> for your next hike.
17 INSPO ALERT: <a href="#">Get comfortable</a> with being uncomfortable.	18 Find out which <a href="#">meditation practice</a> is right for you.	19 Visit one of these <a href="#">eco-friendly destinations</a> .	20 Try this <a href="#">7-minute HIIT workout</a> you can do outside.	21 Feel less alone with these <a href="#">mental health quotes</a> .	22 Do some <a href="#">yoga at your desk</a> . Trust us, you'll feel better!	23 Make a sensuous <a href="#">summer dish</a> in your air fryer.
24 Throw an afternoon <a href="#">tea party</a> in 3 simple steps.	25 Get started with <a href="#">sustainable investing</a> .	26 Get glowing with <a href="#">green beauty brands</a> .	27 It's the purrrfect time for a break with <a href="#">these TikTok cats</a> .	28 Social media: good or bad for <a href="#">mental health</a> ?	29 Giggle your butt off at these <a href="#">funny inspirational quotes</a> .	30 Watch <a href="#">Turning Red</a> and have "the talk."
31 Learn about <a href="#">green living</a> from 4 eco-entrepreneurs.	1	2	3	4	5	6

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