



JULY 2022

Inspiration Calendar

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

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