



# AUGUST 2022

## Inspiration Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

1

LOL at these funny [dog videos](#) for National Dog Month.

2

Start [meditating](#) for National Wellness Month. It's backed by science!

3

Support this inclusive [beauty brand](#) for Black Business Month.

4

Get some inspo from these amazing [autobiographies](#).

5

Itching to travel? Here are today's top [destinations](#).

6

Check out the most highly-rated [sustainable products](#) on Amazon.

7

Pick up one of these fun [beach reads](#).

8

Take long [nature walks](#) to boost your step count.

9

Green up how you travel this summer with [these tips](#).

10

Get your hands in the [soil](#)!

11

Let this [Spotify playlist](#) energize and motivate you.

12

Sober curious? Try one of these sober [date ideas](#)!

13

Play these [party games](#) with the gang. (They're sober friendly.)

14

Pack more fresh veggies into your diet with these fresh [juicer recipes](#).

15

Add a brisk neighborhood walk to your routine - it's a [natural mood booster](#)!

16

Get inspired by these [positive quotes](#).

17

Use those garden veggies in this tasty [vegan pad Thai](#).

18

Incorporate one of these easy [sustainability hacks](#).

19

Try one of these fun, budget-friendly [date ideas](#).

20

Shop the best [clean beauty](#) brands online.

21

Revisit everyone's favorite [pop-punk princess](#).

22

Find out what [alcohol](#) really does to your health and how to cut back.

23

[Try waking, biking or rolling](#) to your next destination.

24

Strengthen your relationship with these [expert tips](#).

25

Bring this nutritious [trail mix](#) on your next outdoor adventure.

26

Check out these famous [TikTok pups](#) for National Dog Day.

27

Pick up one of these [must-read books](#) on sustainable living.

28

Cool down with this luscious [vegan ice cream](#).

29

Champion [women in music](#).

30

Liven up your workday with this [Ukulele YouTube playlist](#).

31

Start a [walking meditation](#) practice.

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Spreading positive, inspiring and helpful stories you'll want to bite into.



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