



2025

JULY MID-YEAR REFLECTIONS

Theme:



RECHARGE AND REALIGN



Calendar Days



July 4th

FARUG's Birthday



July 14th

International Non-Binary Day



MINDFUL MONDAY

TOUCHDOWN TUESDAY

WELLNESS WENESDAY

GRATITUDE THURSDAY

FEEL GOOD FRIDAY

SERENITY SATURDAY

SLOWDOWN SUNDAY

FARUG BIRTH MONTH



1 What have been your proudest achievements so far this year, big or small? How do they make you feel?

2 Allow your mind to have some quiet time, #its ok

3 Take a moment to reflect on the moments of gratitude at FARUG, as we celebrate her Birth.



5 Go out dancing focus on feelings of pure joy and freedom as you move



7 Insert a moment of mindfulness into your daily routine, learn to be present even to the simplest tasks

8 Who do you love most in this world? Let the answer be YOU #selflove

9 If your current emotions were a type of weather, what weather would they be?

10 Reflect on a recent moment where you felt profoundly cherished in your intimate relationship



12 TULI OUTSIDE Take a walk, a run, simply step out even to just observe the sky.



14 INTERNATIONAL NON-BINARY DAY. celebrating the diversity of non-binary identities.

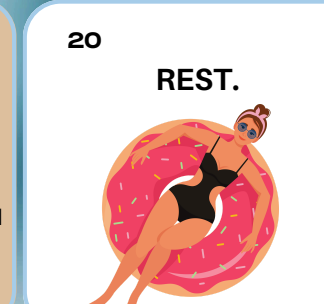
15 What's one new thing you are curious about? How can you dedicate time to learning it this month

16 Pay attention to your self-talk. Are the words you use to describe yourself creating a welcoming home or a critical space

17 What small, sustainable steps have you taken to increase your consistency in exercising, #Health is wealth

18 Friendship Fridays Reach out to a friend even for a chat, or a walk

19 Choose a space to declutter. As you sort, ask if the items you possess still bring you joy. #LetGo



21 Reflect on the habit you have realised is no longer serving to you. What new mindset are you adopting to achieve this.

22 List your top values and reflect on how you've honored them. What small changes can you make?

23 Acknowledge a past hurt, how have you already begun to heal from it Try reframing that hurt into an opportunity for growth

24 What are you grateful for lately?

25 Who are the people in your life that feel like home. How do they create this feeling of belonging?

26 FREE

27 Close your eyes and imagine your ideal sleep environment. What does it look like, feel like, sound like or even smell like

28 Reflect on at least 3 things that make you feel most confident and at peace with yourself lately.

29 For a day, consciously observe how often you truly listen to understand versus listening to respond.

30 What boundaries, if any, have you put in place to protect your energy.

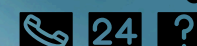
31 Re-read your entries, look back at what you've written, reflect on all those feelings



EMERGENCY CONTACTS

Toll-Free Line: 0800 100 093

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Connect with us

