

MINDFUL MONDAY	TENDER TUESDAY	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FEEL GOOD FRIDAY	SASSY SATURDAY	SLOWDOWN SUNDAY
		01 Happy new month FOLKS Welcome to JULY midyear reflections, CLEAR THE CLUTTER, REIGNITE THE SPARK	02 Let midyear exhaustion pass through you like water and just be grateful for you made it here.	03 Prioritize your hydration and mind your own business; water is life.	04 Farug. WE LOVE YOU.	05 Disconnect to reset; you will work better after a few minutes of unplugging
06 Our resilience is built on collective strength #SERA	07 Authenticity isn't found, its built. Creating it gives you the direction and discipline to face intimidation.#B	08 Persistence and perseverance are how we win. #lemelako #F	09 A single voice can spark a movement #T	10 Inclusive spaces nurture real growth #L	11 Commitment starts the journey. Consistency finishes it #F	12 Keep your focus.rise above the haters #B
13 Empty spaces in your life or mind represent potential, not loneliness. #Don't give up	14 Show up anyway, even when you are messy and complicated.	15 Drop the January expectations that no longer serve who you are this June	16 Step away from digital screens to let your inner voice be heard even if for a few .	17 Shed the heavy armor of perfectionism; you are safe without it	18 Reflect on those hangouts with friends, they are magical sometimes.	19 REST KO
20 Reflect on the love and kindness you give back despite this distrustful world.	21 Be gentle with yourself on days when healing feels two steps backwards	22 Guard your peace by saying "no" to the external noise	23 Recall a single moment that brought you joy this year and lean into that warmth	24 Show up, look good, and secure your financial independence #kola sente osilike	25 Trust your clarity and inner spark as you step into the second half of the year	26 Rest is the essential fuel for your spark, not a prize you must earn. #wumula
27 Reflect on the love and kindness you give back despite this distrustful world.	28 Reconnect with physical movement and soulful activities to lighten your spirit	29 Enter the upcoming months unburdened, clear-headed, and glowing	30 Practice gratitude for your journey, even when plans fail.	31 Celebrate every single victory, no matter how small	FARUG at 23,	

THE JULY MIDYEAR REFLECTION WELLNESS JOURNAL

THEME: CLEAR THE CLUTTER, REIGNITE THE SPARK.

SCAN QR TO CONNECT WITH US

