

Soulful Summer

Live with Purpose and Meaning

JULY 2023

01
Walk barefoot

02
Pick fresh berries

03
Meditate

04
Watch the sunset

05
Walk in nature

06
Create a vision board

07
Cook a nourishing meal

08
Volunteer

09
Dance

10
Join a book club

11
Try sound healing

12
Create art

13
Attend a drum circle

14
Have a picnic

15
Jump in a lake

16
Go on a photography walk

17
Be in the moment

18
Tend your garden

19
Take a digital break

20
Attend an outdoor concert

21
Go to an amusement park

22
Journal

23
Go to the beach

24
Nap in a hammock

25
Run through sprinklers

26
Watch fireflies

27
Host a bonfire

28
Visit a farmers market

29
Go to a soulful yoga class

30
Sleep under the stars

30
Make fresh lemonade