

2026

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New month, new or refined goals; What are your top 3 goals for this month?	2 Block 30 minutes to declutter a space today (at work or home)	3 Start the day with a morning walk, jog, or run	4 Take some time to reflect on the people and things for which you are grateful
5 SCS - What decision have I been avoiding? What's my first step?	6 Oxygen Mantra: "Every "yes" costs something. I choose wisely."	7 Create a "NO" list — things you're not doing this month	8 Block time to schedule medical appointments that are due and overdue	9 Take a mid-day walk	10 Try a "Well done list" - full of your accomplishments - use it to inspire you next week	11 Step out of caregiver mode for 30 minutes today and take care of you
12 SCS -What leadership habit would make the biggest difference if I practiced it consistently?	13 Oxygen Mantra: "I am committed to excellence."	14 Schedule lunch, dinner, or happy hour with a friend	15 Try a micro workout - move your body intentionally for 15 minutes	16 Delete one app notification that steals your attention.	17 Reassess your priorities- What's most important today? This weekend? Next week?	18 Find a spot outside and read a good book
19 SCS - "What are 3 areas you wish to develop, enhance or grow?"	20 Oxygen Mantra: "I am evolving. I create time and space for my success."	21 Make a "Done" list instead of a to-do list	22 Hydrate: Commit to drinking at least 36oz of water	23 Check your mindset - Does your inner voice affirm or criticize? Choose to affirm yourself today	24 Some say the best ideas are born in the shower- Stay a few minutes longer in the shower today	25 Take a leisurely walk - no goal attached - just enjoy it
26 SCS - What rhythms will you leverage to ensure you can focus on what matters most at work and at home?	27 Oxygen Mantra: "I create the conditions for others to succeed."	28 Slow morning- slow down on purpose this morning - read, meditate, sip your coffee/tea slowly	29 Unplug after dinner tonight- Be fully present this evening	30 Take a late evening walk	31 Listen to an inspiring podcast	