

JULY 2023 WELLBEING CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					1 I'll set achievable goals for the month and create a plan to achieve them	2 I am motivated to do my best
3 I believe in myself and my abilities	4 I am committed to making the most of my skills & the opportunities they presents	5 I am capable of handling any challenges that come my way today	6 I am willing to ask for help when I need it	7 I am determined to get better everyday	8 I am proactive in seeking out opportunities to learn and grow	9 I am capable of learning and understanding any subject that I put my mind to
10 I am focused and motivated to achieve my academic goals	11 I am intelligent and creative, and I have unique strengths that can help me succeed	12 I am capable of managing my time effectively and prioritizing my work	13 I am resilient and persistent, and I will not give up on my goals	14 I trust myself and my abilities to succeed	15 I am surrounded by supportive people who believe in me and my journey	16 I will focus on my goals and prioritize my time wisely
17 I am capable of achieving great things if I stay focused and disciplined	18 I am always learning and growing	19 I will practice positive self-talk to improve confidence	20 I am committed to improving every day	21 I embrace failure as a necessary step towards success	22 I trust myself to make the right decisions	23 I am open to new ideas and perspectives
24 I am responsible for my own learning and progress	25 I am thankful for my many successes, and for those yet to come	26 I am motivated to achieve my goals	27 I am surrounded by a supportive community of peers, mentors, and coaches	28 I have the power to create my own success	29 Every day, I am getting closer to achieving my dreams and reaching my full potential	30 I am excited to see what I can achieve through my hard work and dedication



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UNLOCK YOUR INNER STRENGTH: DAILY AFFIRMATIONS FOR AN EMPOWERED JULY!