




July 2026

We're halfway through 2026, and this month offers a natural opportunity to pause and reflect. We're exploring **Perseverance**, **Humility**, and **Spirituality**, strengths that help you keep going, reconnect with what matters most, and stay grounded as you move into the second half of the year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Begin July with a check-in: Where do you want to focus your energy?</p>	<p>2 Look for the strength hidden in a recent challenge to appreciate your growth.</p>	<p>3 Celebrate a small win this week to remind yourself you are capable.</p>	<p>4 Accept a compliment with a simple "thank you" and let yourself feel appreciated.</p>
<p>5 Reflect on one value that kept you going this year to stay grounded in who you are.</p>	<p>6 Discover simple practices to deepen your sense of purpose.</p>	<p>7 Choose a quiet act of excellence and let your work build your reputation.</p>	<p>8  PERSEVERANCE</p>	<p>9 When progress stalls, focus on your next move to keep moving forward.</p>	<p>10 See how your strengths support all five areas of well-being.</p>	<p>11 Spend 10 minutes in nature to reconnect with life's natural pace.</p>
<p>12 Ask, "What is this challenge shaping in me?" to find meaning in the struggle.</p>	<p>13 See your whole character more clearly as you plan the months ahead.</p>	<p>14  HUMILITY</p>	<p>15 Catch a worry in the moment and take a breathe to reclaim your peace.</p>	<p>16 Inspired by someone? Invite them to discover their strengths.</p>	<p>17 Make time to reflect on people, places, or moments that lift your spirit.</p>	<p>18 Take an intentional pause to break the rush of your day.</p>
<p>19 Practice one of these 5 spirituality habits to feel more grounded today.</p>	<p>20 Listen: Finding resilience through life's hardest losses.</p>	<p>21 Missed the mark? Write down one lesson before moving on.</p>	<p>22 Explore the 3 pillars of meaning to discover what gives your life purpose.</p>	<p>23 Catch a comparison in the moment and choose self-compassion instead.</p>	<p>24 Reconnect with why your work matters to fuel productive action.</p>	<p>25 Lift someone up today. Perseverance is easier when we support each other.</p>
<p>26 Recovery is part of growth. Rest today to sustain your energy for tomorrow.</p>	<p>27  SPIRITUALITY</p>	<p>28 Let a beautiful moment remind you what's worth slowing down for.</p>	<p>29 Ask a question before sharing your opinion to deepen understanding.</p>	<p>30 Turn your strengths into everyday habits that help you flourish.</p>	<p>31 Notice how you've grown this year to inspire your next chapter.</p>	