

# GENTLE July

## JOURNALING REFLECTIONS

*July is a gentle reminder to slow down, savour simple pleasures and create beautiful memories. Take a moment to reflect on this sunny season.*



❖ What are you most looking forward to this month?

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❖ What simple pleasures bring you the most joy in summer?

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❖ What memories would you love to make this July?

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❖ What adventures, big or small, would you like to say yes to?

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❖ How can you spend more time doing what you love?

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❖ Who are the people you want to spend more time with?

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❖ What have you noticed and appreciated in nature lately?

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❖ What are you letting go of to make space for more joy and freedom?

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❖ What do you want to remember most about this season?

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❖ How will you savour and celebrate the little moments this month?

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— A LITTLE NOTE TO YOUR FUTURE SELF —

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