



GENTLE July

31 SIMPLE SUMMER MOMENTS

*Thirty-one simple invitations to slow down,
savour summer and make beautiful memories.*



NATURE

Notice the beauty
all around you.

SIMPLE PLEASURES



Enjoy the little
things.

SEASONAL FOOD



Savour the flavours
of summer.

FAMILY & CONNECTION



Spend time with
the people
who matter.

SUMMER ADVENTURES



Explore, wander
and create
memories.

MEMORY KEEPING



Capture and
cherish this
season.

1

Watch the sunrise
or wake early
enough to notice
the morning light.



2

Pause to admire
a wildflower
growing somewhere
unexpected.



3

Listen carefully
to the birdsong
around you.



4

Spend ten
minutes sitting
quietly
outdoors.



5

Notice five signs
of high summer
on a walk.



6

Read a chapter
of a book
outside.



7

Enjoy your tea
or coffee in
the garden.



8

Have a completely
unhurried
morning.



9

Watch the
clouds
drift by.



10

Spend an hour
doing something
simply because
you enjoy it.



11

Eat strawberries
or another
favourite
seasonal fruit.



12

Make a
summer
dessert.



13

Enjoy a picnic,
even if it's
only in your
garden.



14

Eat a
meal
outdoors.



15

Try a new
summer
recipe.



16

Share a family
meal without
distractions.



17

Have a meaningful
conversation
with someone
you love.



18

Visit a friend
or invite
someone for
tea.



19

Look through
old photographs
together.



20

Create a
simple
summer
memory.



21

Explore
somewhere
you've never
visited before.



22

Visit a beach,
lake, river or
woodland.



23

Wander around
a village, market
or local town.



24

Take the
scenic route
somewhere.



25

Spend a day
saying yes to
a small
adventure.



26

Take a
photograph of
something
beautiful.



27

Write about
a favourite
summer
moment.



28

Create a list
of things
you're loving
this season.



29

Record your
current
summer
favourites.



30

Reflect on what
has made you
happiest
this month.



31

Watch the sunset
and spend a few moments
appreciating
this season.



*May your July be filled with
sunny days, simple pleasures and
beautiful moments to remember.*

