





REFLECT ON WHO YOU ARE, WHAT BRINGS YOU JOY, AND WHERE YOU'RE HEADED.

💆 July 8 – Recharge & Relax

REDEFINE SELF-CARE AND BUILD A HEALTHIER MINDSET FOR LONGEVITY.

July 17 – Realize & Recognize
EVALUATE WHERE YOU ARE IN YOUR CAREER AND WHAT YOU TRULY NEED.

July 22 - Refuel & Reflect

DISCOVER WHAT ENERGIZES YOU AND CREATE HABITS FOR A FULFILLING YEAR.

BE **INSPIRED** BE INTENTIONAL BE AN