07 JULY 2027

A Month of Gratitude

Summer, rest and food. Notice one good thing a day.

JUNE 2027

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

AUGUST 2027

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Eat a piece of fruit slowly and say thanks	2 Drink a cold drink and enjoy every sip	3 Notice the warmth of the sun	4 **July 4th** Thank the people who made your lunch
5 Enjoy the shade of a tree	6 Rest for ten minutes and be glad for it	7 Notice one tasty thing you ate today	8 Eat a meal without your phone	9 Thank someone who invited you out	10 Smell a food you love before you eat	11 Take a slow walk in the evening
12 Thank the cook, or yourself, for dinner	13 Notice the sounds of a summer evening	14 Share food with someone	15 Enjoy a simple snack with full attention	16 Be glad for a day with nothing to do	17 Notice how the light looks at sunset	18 Thank the farmers and drivers who bring food
19 Taste one new thing and notice it	20 Make tea or coffee slowly	21 Drink water and be glad it is clean	22 Open a window and feel the air	23 Thank your friends for a good summer day	24 Enjoy a quiet moment before sleep	25 Listen to your favorite summer song
26 Notice what you enjoy about this season	27 Write down a food memory you love	28 Eat outside, even for ten minutes	29 Thank someone who made you feel welcome	30 Rest in the evening without guilt	31 Write down the best moment of this month	