

JULY 2021

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JULY IS THE TIME TO INVEST IN YOUR WELLBEING!



cultivate awareness

notice desired change

take a step

try again

				<p>1 to do today: learn about the purpose of this month long event</p> <p>learn more on Instagram: wellbeing.bethel</p>	<p>2 to do today: learn how to engage this month long event</p> <p>learn on Instagram: wellbeing.bethel</p>	<p>3 to do today: choose your own adventure</p> <p>instructions on Instagram: wellbeing.bethel</p>
<p>4 to do today: become aware of your habits of spirituality</p> <p>explanation on Instagram wellbeing.bethel</p>	<p>5 to do today: become aware of your habits of body</p> <p>(explanation on Insta)</p>	<p>6 to do today: become aware of your habits of thinking</p> <p>(you know where to look)</p>	<p>7 to do today: become aware of your habits of feeling</p> <p>(don't forget Insta)</p>	<p>8 to do today: become aware of your habits of relating</p>	<p>9 to do today: become aware of your habits of meaning</p>	<p>10 to do today: choose your own adventure</p>
<p>11 to do today: identify what your spirit is longing for</p>	<p>12 to do today: identify what your body might be ready to try</p>	<p>13 to do today: identify one unhelpful habit of thinking that you wish was different</p>	<p>14 to do today: consider what it might take to feel gratitude during this month</p>	<p>15 to do today: identify one friendship you want to say yes to</p>	<p>16 to do today: remember what you want your life purpose to be focused on</p>	<p>17 to do today: choose your own adventure</p>
<p>18 to do today: fuel your spirit by trying out what you identified last Sunday</p>	<p>19 to do today: fuel your body by trying out what you identified last Monday</p>	<p>20 to do today: shift your thinking by reframing the situation</p>	<p>21 to do today: shift your emotion by choosing to find the good & expressing gratitude</p>	<p>22 to do today: reach out to that friend you identified last week & set up a time to connect</p>	<p>23 to do today: plan for a way to 'live into' your purpose next week - schedule it into your calendar</p>	<p>24 to do today: choose your own adventure</p>
<p>25 to do today: fuel your spirit by engaging again what you did last Sunday - repeat what your spirit longs for right now</p>	<p>26 to do today: fuel your body by engaging again what you did last Monday - repeat what your body needs right now</p>	<p>27 to do today: reflect on your reframe from last week & notice if you slipped back into the unhelpful habit of thinking - if so, reframe</p>	<p>28 to do today: reflect on your emotion and come back to finding what is good & expressing gratitude</p>	<p>29 to do today: recall why you care for your friend, pray for them & reach out with a quick text to say hi</p>	<p>30 to do today: reflect on what is was like to 'live into' your purpose this week - notice what was renewing or hopeful or good</p>	<p>31 to do today: final reflection - see journal for prompts</p>

The hardest week will be the first one... where you become aware of what has become habitual for you during COVID.
If you don't like what you see, **hang in there!** Keep going with this wellbeing challenge!

In order to emerge from the 'cave of COVID', you're invited to participate in this wellbeing challenge:

- **Week 1: Become Aware**
What are your current habits in each dimension of the wellbeing wheel?
- **Week 2: Notice Desired Change**
What do you wish was different in each area of the wheel?
- **Week 3: Take a Step**
What is one step you could take to change?
- **Week 4: Try Again**
What is it like to take that step again, and work toward establishing helpful habits for your wellbeing?

Along the way, you'll be coached via 1 minute videos posted on the Bethel Wellbeing Instagram account.

Follow us on Instagram (wellbeing.bethel)