

JOURNEY THROUGH **JULY**

SUN	MON	TUE	WED	THU	FRI	SAT
			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		

There is no better time to go on an adventure than the dog days of summer! This July explore the unknown, take the road less traveled, and follow the journey and excitement that life brings each day. **Check out these 10 challenges and complete as many as you can!**

1. Explore a new park or trail
2. Map out your perfect summer
3. Create a Top 10 list of places you'd like to visit
4. Turn off GPS and use a paper map
5. Experience the food of a different culture
6. Explore your neighborhood, town, or city on bike
7. Explore your neighborhood, town, or city on foot
8. Be adventurous and take public transportation
9. Create a list of fun things to do in your area to keep on the fridge
10. Talk to someone about your biggest dreams and aspirations. **EFR offers Life Coaching! (800) 327-4692**



EMPLOYEE & FAMILY RESOURCES WELLNESS

Brought To You By EFR
COPYRIGHT 2020