

FREE! Calendar

JULY 2018

"Feeling free inside oneself is being free." Rei Kawakubo

Want Weekend Free Fun? Join me on Instagram @encouragementcounseling OR Facebook @encouragementcounseling to get some weekend fun stuff!

M

47 FREE things to do! <http://www.wisebread.com/47-cheap-fun-things-to-do-this-weekend>

T

"NO is a complete sentence." Anne Lamott
FREE yourself from guilty "yes-es" this month!

W

FREE ADVICE:
Always pack a snack. You never know when you'll need a boost OR a way to meet someone by sharing!

Th

BE FREE! Learning to forgive someone is all about YOU being free from the hurt and connection you no longer need to hold!

F

FREE SMART PEOPLE! Have you listened to a TEDTalk? Take 30 minutes to explore 1 new idea...and tell 2 people what you heard!

M

FREE TEEN THINGS! Don't get bored...get busy! <https://www.liveabout.com/fun-free-things-to-do-if-youre-a-teen-3196361>

T

"Healthy people give others the FREEDOM to say NO."

W

FREE ADVICE:
Wash your water bottle every day. You don't want to know what grows in there.

Th

BE FREE! Give yourself permission to change the story you tell yourself about being STUCK. You're not. Let go...Say goodbye...Now.

F

FREE AWESOME! Have you hiked at sunrise with someone you love? When is the last sunset you watched? Go find some AWE.

M

FREE STUFF FOR COUPLES: <https://www.thesimpledollar.com/100-things-to-do-during-a-money-free-weekend/>

T

"If you want to be happy, be." Leo Tolstoy

W

FREE ADVICE: We waste MILLIONS OF TONS of food each year. Buy ONLY the food you need for today. Start there.

Th

BE FREE! Don't like your story? Take ONE step...ONE decision to change your story today. See what happens.

F

FREE LAUGHTER! Invite friends over to have a 5-year old party. Play what they play. Eat what they eat. Scream loud and LAUGH!

M

FREE DATE IDEAS! and they pretty much don't suck! tylecaster.com/free-date-ideas/

T

"When you love what you have, you have everything you need."

W

FREE ADVICE: Don't have coffee out for a week. Save the money and give it to someone who needs it. Give it with a kind word.

Th

BE FREE! What if the way you talked to yourself sounded like the way you talk to your most beloved person? Yeah...do that.

F

FREE ADVENTURE! Don't end the summer without ONE adventure. Climb! Swim! Dance! Do what you NEED to do!