



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2020 is STILL the year of GRIT, GRATITUDE & GOAL-SETTING! One day of positive action towards improving your life is great, but real transformation comes from consistency and developing healthy habits. This month of JULY 2020 is about GRIT. With everything going on in the world, we must grow through self-determination, faith and focus! Everyday this month, challenge yourself to make one small action towards becoming a more passionate, purposeful and resilient individual! Get your family, friends, and co-workers involved and share on Facebook, Twitter & Instagram with the #sarahnsays.</p>			<p>1 Replace frustration with focus and faith!</p>	<p>2 List 2 ways you can improve your self-discipline</p>	<p>3 Do something outside of your comfort zone</p>	<p>4 Do something you enjoy doing, and do it well!</p>
<p>5 Identify 1 thing you've learned about your fortitude</p>	<p>6 Create a list of 5 goals (big or small) you want to accomplish in 2020</p>	<p>7 Identify a way you can increase your self-esteem</p>	<p>8 Remind yourself all day that you can do anything!</p>	<p>9 Meditate on GRIT for 10-15 minutes</p>	<p>10 Create a list of 3 topics you are passionate about...</p>	<p>11 ...For each topic you're passionate about, list 2 reasons why</p>
<p>12 Create a list of 3 God-given talents you have</p>	<p>13 Watch an inspiring video on GRIT</p>	<p>14 Take action towards 1 on your 2020 goals</p>	<p>15 Learn something new about GRIT</p>	<p>16 List 3 things you have control over to make today great</p>	<p>17 Reflect on a time you achieved a goal you set for yourself</p>	<p>18 Break down a big goal into smaller goals</p>
<p>19 Remind yourself that you are not a victim!</p>	<p>20 Recite GRIT related affirmations</p>	<p>21 Celebrate someone who has a GRITTY success story</p>	<p>22 Talk to someone who motivates you to work harder</p>	<p>23 Remind yourself how resilient you are!</p>	<p>24 Share an inspiring message of upliftment and encouragement</p>	<p>25 Practice doing something you're good at</p>
<p>26 Reflect on a time you bounced back stronger from a challenge</p>	<p>27 Be honest with yourself about your areas of improvement</p>	<p>28 Be deliberate in your efforts</p>	<p>29 Build on your knowledge by learning something new</p>	<p>30 Identify 1 thing you did this month that brought you closer to your goals</p>	<p>31 Celebrate your GRIT by expressing gratitude for self-improvement!</p>	