



# Monthly Motivators

# July 2024



## GOAL:

Connect with someone  
two days per week!

Use the calendar to keep  
track and the ideas to help  
you reach your goal.

S	M	T	W	T	F	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			

## Ways to connect with others:

- Call a loved one
- Get to know a colleague
- Host a game or movie night
- Volunteer in your community
- Invite someone to eat with you
- Join a club (book, sports, gym, etc.)