

*Beauty
Bon Vivant*

MAGAZINE



Welcome to Beauty Bon Vivant Magazine

Beauty Bon Vivant Magazine is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live!

Beauty & Fashion

Tips, trends, seasonal style advice, or product reviews.

Health & Wellness

Quick wellness routines, nutrition tips, or health articles.

Career & Finance

Professional growth strategies, budgeting tips, or money mindset.

Productivity & Prosperity

Tools and routines to boost focus and achieve abundance.

Travel & Leisure

Weekend getaways, cultural highlights, or travel hacks.

Home & Garden

Décor inspiration, DIY projects, or seasonal gardening advice.

Education & Entertainment

Book recommendations, streaming picks, or fun facts.

Rest & Relaxation

Mindfulness practices, spa ideas, or restful rituals.

Relationships & Recreation

Connection tips, social event ideas, or playful activities.

Food – Friendship – Fun!

Recipes, party themes, or hosting tips.

Games, Arts & Crafts

Creative challenges, DIYs, or hobby suggestions.

Inspiration & Innovation

Quotes, creative spotlights, or visionary tools.

Interpersonal Communication

Tips for clear, kind, and confident conversations.

Time & Stress Management

Scheduling systems, relaxation strategies, or balance tips.

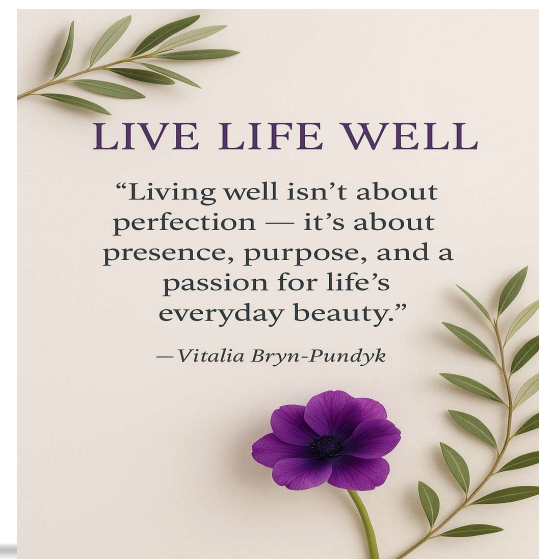
Goal-Achievement Strategies

Vision board prompts, habit hacks, or progress trackers.

Personal Passions & Pursuits

Spotlights on readers' hobbies, dream projects, or lifestyle adventures.

SPECIAL EVENTS PAGE:
[CLICK HERE to WEBSITE](#)



BEAUTY

Glow with Kindness

Beautiful skin and a confident smile begin with how we **care for ourselves**—both inside and out. A gentle skincare routine, healthy habits, and a positive mindset can help you look and feel your **radiant best** every day.

This **July**, choose products that **nurture** your natural beauty, nourish your body with good foods and plenty of water, and take time to rest and recharge. When you treat yourself with **love**, your natural **glow** shines through.

QUICK TIP

HYDRATE INSIDE & OUT

Drink plenty of water throughout the day and use a hydrating moisturizer with ingredients like hyaluronic acid to keep your skin plump, dewy, and glowing.



Daily Habits for Natural Beauty



HYDRATE

Drink water and stay refreshed.



NOURISH

Eat colorful foods that fuel your glow.



CARE

Use gentle products that love your skin.



REST

Good sleep helps your beauty shine.



RELAX

Reduce stress and take time for yourself.



LOVE

A positive mindset is your best glow.

“Beauty begins the moment you decide to be *yourself*.
— Coco Chanel —



Be your own kind of beautiful. ♥

FASHION

Style is a Reflection of You

Fashion isn't about following every trend—it's about expressing your personality and feeling good in what you wear.



Choose pieces that **fit well**, **flatter your body**, and make you feel **confident**. A touch of color, a favorite accessory, or a stylish layer can instantly elevate your mood and your look.



QUICK TIP



THE 3-SECOND RULE

If an outfit makes you feel good when you put it on, you'll glow with confidence all day long.



“*Fashion* is what you buy,
style is what you do with it.
— Nicky Hilton —”



Style Essentials for Every Day



WEAR WHAT YOU LOVE

Your best style starts with you.



FIT IS KEY

Clothes that fit well always look better.



ADD ACCESSORIES

They can transform even the simplest look.



EMBRACE COLOR

A pop of color brightens your outfit and your day.



BE CONFIDENT

Confidence is the best thing you can wear.

Dress for the life you want to live. 



HEALTH

Health Starts with You

Good health is the foundation everything else in life. When you **nourish your body**, **move with joy**, and get enough **rest**, you have more energy, focus, and **happiness** to enjoy each day to the fullest.



This **July**, choose **health** habits that support your body and mind. Small, consistent choices—like **eating well**, **staying active**, and **managing stress**—add up to a stronger, healthier, happier you.



QUICK TIP



SUNSHINE & FRESH AIR

Spend at least 15 minutes outside each day. Natural sunlight boosts your mood, energy, and vitamin D levels.



“Your **body** can stand almost anything. It’s your **mind** that you have to convince.

– Unknown –

”



Healthy Choices Stronger You 

Healthy Habits I Choose Daily

- ✓ Eat nourishing foods
- ✓ Move my body
- ✓ Drink plenty of water
- ✓ Get quality sleep
- ✓ Manage stress
- ✓ Think positive



Daily Habits for a Healthier You



EAT WELL

Choose whole foods most of the time.



MOVE DAILY

Find activities you enjoy and keep moving.



HYDRATE

Drink water throughout the day.



SLEEP WELL

Aim for 7–8 hours of quality sleep.



MANAGE STRESS

Take time to relax, breathe, and focus on yourself.



THINK POSITIVE

A positive mind creates a healthier, happier you.

Healthy today, vibrant tomorrow. 

WELLNESS

Nourish Your Mind, Body & Soul

Wellness is about more than being healthy—it's about creating a life that feels good on the **inside** and **out**.



Take time each day to care for yourself in simple, meaningful ways. **Relax** your mind, **move** your body, eat **nourishing** foods, and surround yourself with **positivity**. When you prioritize your well-being, you have more energy, **joy**, and balance to live life to the fullest.



QUICK TIP



PAUSE & BREATHE

When you feel overwhelmed, take a 60-second break. Close your eyes, take three deep breaths, and focus on something you're grateful for. It's amazing how a small pause can reset your whole day.



“Wellness is not a destination, it's a daily journey of choosing what *feels good* for you.

– Unknown – ”



Today, I will:

- ✓ Be kind to myself
- ✓ Take breaks
- ✓ Stay hydrated
- ✓ Eat well
- ✓ Focus on the good
- ✓ Enjoy the little things



Grateful
Peaceful
Happy



Daily Habits for a Balanced You



MINDFUL MOMENTS

Take a few minutes to be present and breathe deeply.



MOVE YOUR BODY

Movement boosts mood, energy, and overall well-being.



STAY HYDRATED

Drink plenty of water throughout the day.



EAT NOURISHING FOODS

Fuel your body with whole, healthy choices.



PRACTICE GRATITUDE

Focus on the good to invite more positivity in.



REST & RECHARGE

Quality sleep helps your body and mind heal.

Wellness is a lifestyle—choose you, every day. 

CAREER

Passion + Purpose Create Progress

A fulfilling career isn't just about what you do—it's about why you do it. When your work aligns with your **strengths** and **values**, every day becomes an opportunity to **grow**, contribute, and reach new goals.



This **July**, take a fresh look at your career path. Set clear **goals**, **learn** something new, build strong **relationships**, and don't be afraid to step outside your comfort zone. Small, consistent actions today lead to meaningful **success** tomorrow.



QUICK TIP



FOCUS ON WHAT MATTERS

Each morning, write down the top 3 priorities that will move you closer to your goals. Focus on completing those before anything else. It's a simple habit that creates daily momentum.



“

The **best** way to predict your future is to **create** it.

– Peter Drucker –

”



Focused
Motivated
Empowered
Ready to Succeed



Dream
Plan
Achieve



My Career Goals

- ☒ Grow my skills
- ☒ Help others
- ☒ Make an impact
- ☒ Financial freedom
- ☒ Work-life balance
- ☒ Live my purpose



Every Step
Counts



Your Future
is Created by
What You Do Today



Daily Habits for Career Success



PLAN

Plan your day with purpose and intention.



LEARN

Invest in your growth every day.



NETWORK

Build positive relationships that open doors.



TAKE ACTION

Small steps consistently lead to big results.



STAY POSITIVE

A positive attitude fuels motivation and resilience.



CELEBRATE

Recognize your progress and celebrate wins—big or small.

Love what you do, and success will follow.

FINANCE

Smart Choices, Strong Future

Financial wellness is about making intentional choices today that bring peace of mind and open the door to tomorrow's possibilities.



This **July**, take charge of your finances with confidence.

Create a **budget** that works, build your **savings**, pay down debt, and **invest** in your future. Small, consistent steps today lead to lasting security and financial **freedom**.



QUICK TIP



PAY YOURSELF FIRST

Make saving a priority, not an afterthought. Set aside even a small amount each payday—your future self will thank you!



“

Do not **save** what is left after spending, but **spend** what is left after **saving**.

– Warren Buffett –

”



Daily Habits for Financial Wellness



TRACK SPENDING

Know where your money goes every day.



STICK TO A BUDGET

A plan helps you make the most of every dollar.



SAVE CONSISTENTLY

Small deposits today create big security tomorrow.



REDUCE DEBT

Pay down debt and free up more for what matters.



INVEST WISELY

Invest in your future and watch your money grow.



LIVE WITH PURPOSE

Align your money with your values and what brings you joy.

Good financial choices today create a more beautiful tomorrow.



PRODUCTIVITY

Focus Today, Accomplish Tomorrow

Productivity isn't about doing more—it's about doing what matters most with **clarity**, **intention**, and **purpose**.



This **July**, work smarter, not harder. **Prioritize** your tasks, eliminate distractions, and create **routines** that support your goals and well-being. Small, focused actions each day lead to **big results** and a more fulfilling life.



QUICK TIP



USE THE 3-P PRIORITY RULE

Each morning, write down your 3 most important tasks for the day. Focus on completing those first before moving on to anything else. Keep it simple and stay focused!

“

It's not about having time, it's about making time. What you **prioritize** determines your **life**.

– Unknown – ”

Discipline
Today
Success
Tomorrow



Plan
Prioritize
Do
Succeed



My Top Priorities

- ✓ Finish client project
- ✓ Plan marketing strategy
- ✓ Exercise & self-care
- ✓ Read & learn
- ✓ Connect with family



Focus
One Step
at a Time



Progress
Not
Perfection



Daily Habits for a Productive You



PLAN AHEAD

Take 10 minutes each evening to plan your tomorrow.



TIME BLOCK

Schedule focused blocks of time for deep, productive work.



MINIMIZE DISTRACTIONS

Silence alerts, stay present, and protect your focus.



TAKE BREAKS

Short breaks boost energy and help you stay sharp.



TRACK PROGRESS

Celebrate small wins and stay motivated by your progress.



END WITH INTENTION

Reflect on what you accomplished and set your focus for tomorrow.

Small steps today. Big achievements tomorrow.

PROSPERITY

Prosperity Begins with a Grateful Heart

Prosperity is more than wealth—it's about abundance in every area of life. When you focus on **gratitude**, **positivity**, and **purpose**, you open the door to endless possibilities.



This **July**, align your thoughts and actions with abundance.

Believe in your worth, set meaningful **goals**, and take **inspired action** every day. When you give, **grow**, and stay open to opportunities, **prosperity** flows naturally into your life.



QUICK TIP



CREATE AN ABUNDANCE LIST

Each day, write down 5 things you're grateful for and 3 things you want to attract into your life. Focusing on abundance shifts your mindset and attracts more good things your way.

“

Prosperity is not about having **more**, it's about becoming more of who you are **meant** to be.

— Unknown — ”



My Prosperity Goals

- ☒ Increase my income
- ☒ Live below my means
- ☒ Invest in my future
- ☒ Help others succeed
- ☒ Create multiple streams
- ☒ Enjoy the journey



Daily Habits for Lasting Prosperity



PRACTICE GRATITUDE

Focus on what you have and attract more of it.



SET CLEAR GOALS

Know what you want and create a plan to achieve it.



THINK POSITIVELY

Your thoughts shape your reality—choose wisely.



INVEST IN YOURSELF

Learn, grow, and become the best version of you.



MANAGE WISELY

Budget, save, and invest smartly for your future.



GIVE GENEROUSLY

Giving creates abundance and strengthens your connections.

When you align your mind, heart, and actions, prosperity becomes your natural state. 

TRAVEL

Explore the World, Enrich Your Life

Travel isn't just about seeing new places—it's about experiencing new **perspectives**, creating **memories**, and **growing** in beautiful ways.

This **July**, make travel a priority. Whether it's a weekend getaway or a dream adventure, embrace the journey. **Step out** of your comfort zone, **say yes** to new experiences, and let every trip **inspire** your heart and **refresh** your soul.

QUICK TIP

TRAVEL LIGHT, LIVE FULLY

Pack only what you need and focus on what truly matters—experiences, not things. A light suitcase makes for an easier journey and an open heart makes for the best memories.

“

The **journey** of a thousand miles begins with a single **step**.

— Lao Tzu —

”



Daily Habits for a Well-Traveled Life



PLAN AHEAD

Research, plan, and leave room for spontaneity.



BE PRESENT

Put your phone down and truly enjoy the moment.



BE OPEN

Embrace new cultures, people, and different perspectives.



PACK SMART

Bring the essentials and leave stress behind.



STAY CURIOUS

Explore beyond the tourist spots and discover hidden gems.



BE GRATEFUL

Appreciate every experience and the memories you create.

The world is full of beautiful places—go explore and let your soul shine. ♥

LEISURE

Relax, Recharge, Enjoy Life

Leisure isn't a luxury—
it's a vital part of a happy,
balanced life. Taking time to
enjoy the things you love
refreshes your mind, lifts your
spirit, and brings **joy** to
every day.



This **July**, make leisure a priority.
Schedule time for **fun**, play,
and **relaxation**. Whether you're
reading a book, enjoying nature,
listening to music, or spending
time with friends, these moments
nourish your soul and help you
show up as your best self.

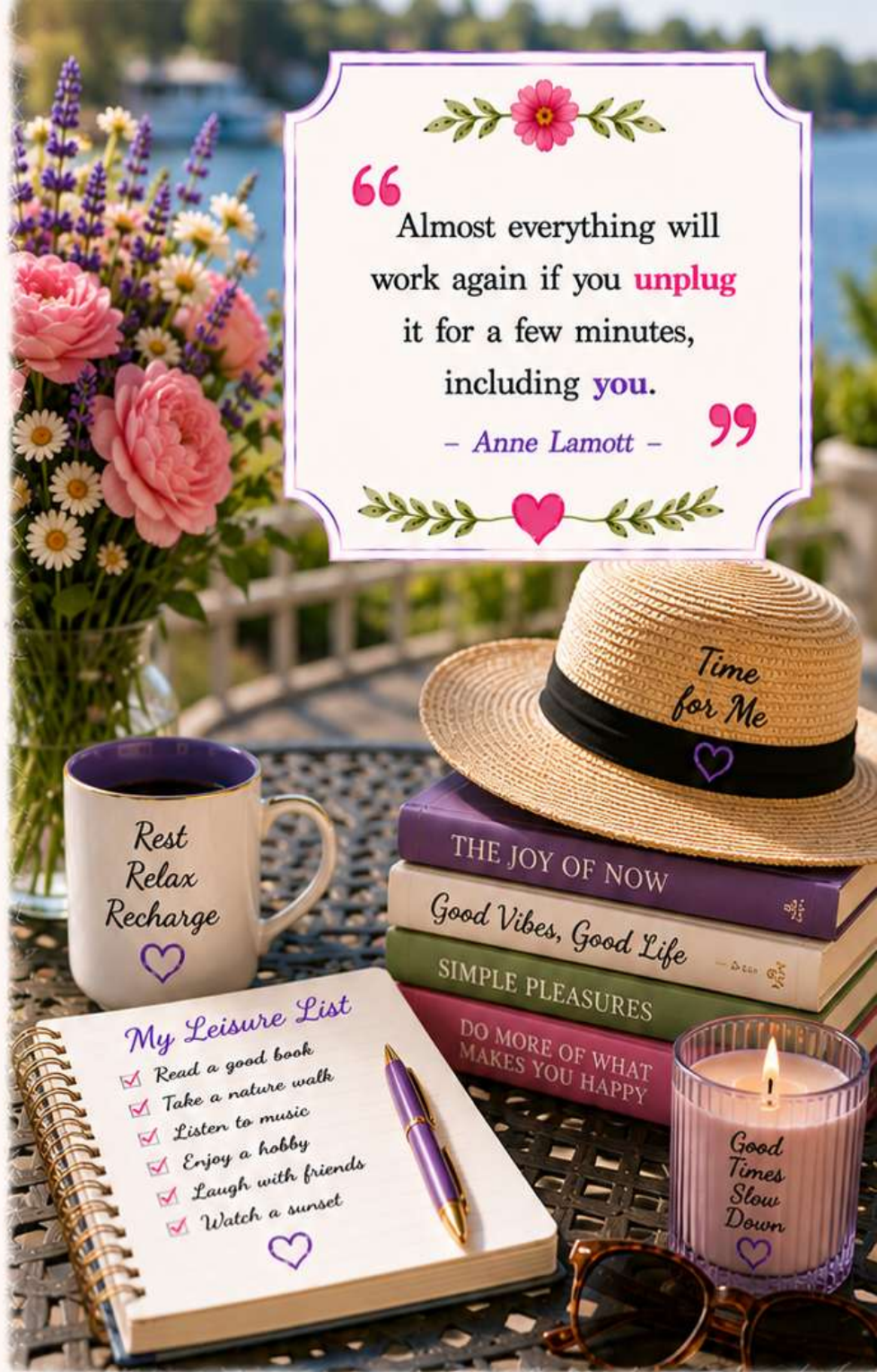


QUICK TIP



SCHEDULE YOUR "ME TIME"

Treat leisure time like an
important appointment.
Put it on your calendar,
protect it, and enjoy it
without guilt. You deserve
time to relax, recharge,
and simply enjoy life!



“

Almost everything will
work again if you **unplug**
it for a few minutes,
including **you**.

— Anne Lamott —

”



Daily Habits for More Leisure & Joy



PLAN IT

Schedule leisure
time just like
any important
appointment.



GET OUTSIDE

Nature is a
natural stress
reliever and
mood booster.



DO WHAT YOU LOVE

Make time for
activities that
bring you joy
and fulfillment.



CONNECT

Spend quality
time with people
who uplift and
inspire you.



SLOW DOWN

Take breaks,
breathe deeply,
and be fully
present.



BE GRATEFUL

Appreciate the
simple pleasures
that make life
beautiful.

Make time for what makes your soul happy.
You can't pour from an empty cup. 



HOME

A New Home, A Fresh Start, A Beautiful Future

Buying a new home is more than a financial investment—it's an investment in your **comfort**, **happiness**, and future. It's where memories are made and dreams take root.



This **July**, take **inspired action** toward your dream home. **Plan** wisely, stay informed, and surround yourself with trusted professionals. With the right **preparation** and a clear vision, you'll unlock the door to a place you'll **love** for years to come.



QUICK TIP



BUY SMART, LIVE WELL

Before you budget, get pre-approved, set your budget, and make a list of must-haves vs. nice-to-haves. Take your time, do your research, and don't be afraid to walk away if it's not the right fit. The right home is worth the wait!

“

A house is made of walls and beams; a **home** is built with **love** and dreams.

– Ralph Waldo Emerson – ”



My Home Goals

- ☒ Get pre-approved
- ☒ Set a realistic budget
- ☒ Find the right location
- ☒ Work with a trusted agent
- ☒ Inspect & ask questions
- ☒ Make it my own



Daily Habits for a Successful Home Journey



PLAN AHEAD

Know your budget, needs, and priorities.



DO YOUR RESEARCH

Learn about neighborhoods, markets, and home values.



WORK WITH EXPERTS

Lean on trusted agents, lenders, and inspectors.



STAY ORGANIZED

Keep documents, deadlines, and appointments in one place.



THINK LONG TERM

Choose a home that fits your future, not just today.



VISUALIZE & TRUST

Trust the process and believe the perfect home is out there for you.

A new home is the beginning of your next beautiful chapter. 



GARDEN

Plant Joy, Grow Beauty, Nurture Life

A garden is more than flowers and greens—it's a living expression of **care**, **patience**, and **purpose**.

It's where you can slow down, breathe deeply, and reconnect with what truly matters.



This **July**, make your garden—and yourself—a **priority**. Whether you have a backyard, a balcony, or a windowsill, spending time in your garden can **reduce stress**, spark creativity, and bring a deep sense of **joy** and **accomplishment**.

Nurture your garden, and watch your life **blossom** beautifully.

QUICK TIP



START SMALL, GROW BIG

Begin with one pot or one small area. Choose easy-to-grow plants you love and give them consistent care. Small steps lead to beautiful results—in the garden and in life.

“

To plant a garden is to **believe** in tomorrow.
To tend it is to **trust** life.
To enjoy it is to live in the **present**.

– Audrey Hepburn –

”



Daily Habits for a Thriving Garden & Life



PLAN WITH PURPOSE

Set aside time to plan your garden and your goals.



GET OUTSIDE

Spend time in nature daily—it refreshes your mind and body.



WATER REGULARLY

Consistency creates growth. Don't forget to care for yourself!



WEED OUT NEGATIVITY

Let go of what drains you and focus on what nourishes you.



CELEBRATE GROWTH

Notice the little blooms and small wins along the way.



BE GRATEFUL

Gratitude helps you see the abundance all around you.

Nurture your garden with love,
and life will reward you with beauty. 

EDUCATION

Learn Today, Lead Tomorrow, Inspire Always

Education is the key that opens doors, expands minds, and empowers lives. It's not just about gaining **knowledge**—it's about building **confidence**, discovering **potential**, and creating a brighter **future**.



This **July**, make learning a priority. Stay **curious**, ask questions, and embrace new opportunities to **grow**. Whether it's reading a book, taking a course, or learning something new, every step you take today builds the foundation for tomorrow's **success**. Never stop learning, never stop growing, and never stop **believing** in yourself.

QUICK TIP



MAKE LEARNING A LIFESTYLE

Set aside time each day to learn something new—even if it's just 15 minutes. Read, listen, explore, and surround yourself with inspiration. Small daily efforts lead to big personal growth and lifelong success.



“

Education is not the **learning** of facts, but the training of the mind to **think**.

— Albert Einstein —

”



Every Day
is a Chance
to Learn
Something New



Stay Curious
Keep Learning
Never Stop
Growing



Daily Habits for Lifelong Learning



READ DAILY

Read books, articles, or blogs to expand your knowledge.



STAY CURIOUS

Ask questions and explore topics that interest you.



KEEP LEARNING

Take courses, attend workshops, or learn online.



TAKE NOTES

Write down what you learn and reflect on it.



SHARE & TEACH

Discuss what you learn and teach others to reinforce it.



APPLY IT

Put your knowledge into action and keep growing.



BE GRATEFUL

Appreciate every opportunity to learn and improve.

Education is the most powerful tool
you can use to change your life and the world. ♥

ENTERTAINMENT

Enjoy More, Be Inspired, Live Fully

Entertainment is the spark that adds **joy**, **laughter**, and **inspiration** to our lives. It **refreshes** our minds, lifts our spirits, and **connects** us to new ideas, new people, and **new** experiences.



This **July**, make time for the things that **entertain** and **inspire** you. Whether it's a great movie, a live performance, a favorite podcast, or a good book, these moments of enjoyment help you **relax**, **recharge**, and see the world in new and **exciting** ways. Fill your life with the stories, sounds, and experiences that make your **heart happy**.

QUICK TIP

SCHEDULE JOY

Add entertainment to your calendar just like any other important activity. Plan ahead for the things that bring you joy. When you prioritize fun and inspiration, you'll be more energized, creative, and ready to enjoy every moment.



“

We need **joy** as we need air.
We need **love** as we need
water. We need
entertainment as we need
music.

– Maya Angelou –

”



Daily Habits for a More Joyful Life



PLAN FUN

Look forward to something exciting.



ENJOY MUSIC

Listen to songs that lift your mood and inspire you.



READ & EXPLORE

Dive into stories, ideas, and topics that expand your world.



CONNECT

Share experiences with people who make you laugh and feel good.



BE PRESENT

Savor the moment and fully enjoy the experience.



BE GRATEFUL

Appreciate the entertainment that brings joy to your life.

Life is meant to be enjoyed.

Make time for the entertainment that lights you up! 

REST

Rest Well, Recharge, Rise Renewed

Rest is not a reward—it's a necessity. It allows your body to **heal**, your mind to clear, and your heart to find **peace**. When you rest, you **restore** your energy, improve your **focus**, and show up as your best self.



This **July**, give yourself permission to **slow down** and **rest** without guilt. Whether it's a good night's sleep, a quiet afternoon, or a few deep breaths, these moments of rest help you **recharge**, reduce stress, and bring more **balance** and **joy** to your everyday life.

You can't pour from an empty cup.

QUICK TIP

PROTECT YOUR REST

Schedule rest like any other important appointment. Create a calming bedtime routine, limit screen time, and make your sleep environment peaceful and cozy. Good rest today leads to a better tomorrow!



“

Almost everything will work again if you **unplug** it for a few minutes, including **you**.

– Anne Lamott –

”

♥ Daily Habits for Better Rest & Well-Being ♥



PRIORITIZE SLEEP

Aim for 7–9 hours of quality sleep so your body and mind can fully restore.



UNPLUG & UNWIND

Step away from screens, take a deep breath, and give your mind a break.



CREATE RITUALS

A consistent routine signals your body that it's time to relax and recharge.



NOURISH SOUL

Read, listen to music, or do something that brings you peace and joy.



REST & REFLECT

Take quiet moments to reflect, be grateful, and reset your mind.



BE KIND TO YOU

Rest is not lazy—it's essential. You are worth the time and care.

Rest is the bridge between where you are and where you are meant to be. ♥

RELAXATION

Relax More, ♥ Release Stress, Renew Your Soul

Relaxation is not about doing less—it's about making time for what restores you. It's the pause that **recharges** your energy, the deep breath that **calms** your mind, and the quiet moments that bring **clarity** and **joy**.



This **July**, create space to **relax** each day. Whether it's a walk in nature, a warm bath, reading a good book, or simply sitting in stillness, these moments help you **let go** of tension, **boost** your mood, and **improve** your health.

When you relax, you show up as your **best self**—with a **peaceful** heart and a **positive** outlook on life.

“

You don't always need a plan. Sometimes you just need to **breathe**, **trust**, **let go**, and see what happens.

— Mandy Hale —

”



QUICK TIP

SCHEDULE RELAXATION

Put relaxation on your calendar just like any other important appointment. Even 15–30 minutes a day can make a big difference in how you feel, think, and live.

You owe it to yourself!

Daily Habits for a More Relaxed You ♥



SLOW DOWN

Take your time and focus on one thing at a time.



BREATHE

Deep breathing calms your body and quiets your mind.



UNPLUG

Step away from screens and social media regularly.



DO WHAT YOU LOVE

Make time for activities that bring you joy and peace.



REST WELL

Quality sleep is essential for your mind and body.



BE GRATEFUL

Focus on the good things and let go of what you can't control.



GET OUTSIDE

Fresh air and nature are natural stress relievers.

Relaxation is not a luxury—it's a necessity.
Make time for it, and watch your life transform. ♥

RELATIONSHIPS

Summer Romance: Sunshine, Connection, Lasting Memories

Summer is the season of warmth, adventure, and **possibility**—the perfect time to **open your heart** to love and **deeper connection**. Whether you're in a new romance or nurturing a long-term love, it's the little moments that create the **strongest bonds**.

This **July**, **celebrate love** in all its forms. Share **laughter**, try something **new** together, and be present for the people who matter most. Let summer romance be about more than grand gestures—let it be about kindness, trust, **appreciation**, and making every moment count.

Love grows when you **nourish** it every day.

QUICK TIP

KEEP THE SPARK ALIVE

Small gestures can make a big difference. Send a sweet text, leave a loving note, plan a surprise date, or simply say "thank you." Little acts of love keep the romance glowing all summer long!

“

The best love is the one that makes you a **better you**, without changing who **you are**.

– Unknown –

”



♥ Daily Habits for a Stronger, Sweeter Summer Romance ♥



COMMUNICATE

Talk openly and listen with love.



SPEND TIME TOGETHER

Quality time builds strong connections.



CREATE MEMORIES

Capture the moments you'll cherish forever.



ENJOY THE MOMENTS

Savor the simple joys of summer together.



SHOW APPRECIATION

Notice the little things and say "thank you."



SUPPORT EACH OTHER

Encourage dreams and celebrate successes.



KEEP THE ROMANCE ALIVE

Never stop dating, flirting, and having fun!

Summer is better together.

Love deeply, laugh often, and make this a season to remember. ♥

FOOD

Plan a Picnic, Savor the Season, Make Memories

There's something **magical** about summer picnics—**good food**, fresh air, and time spent with people you love. A little planning goes a long way in creating a **relaxing**, delicious, and **memorable** outdoor experience.



This **July**, plan a picnic that's **simple**, satisfying, and full of **joy**. Choose a beautiful spot, pack your favorites, and think of little touches that make it special—like a cozy blanket, refreshing drinks, and some sweet treats. Don't forget the fun extras: a good playlist, a game or two, and plenty of **laughter**.

Food tastes better outdoors, memories last longer, and moments like these **nourish** your body, heart, and soul.

QUICK TIP



KEEP IT EASY & ENJOY

Choose simple recipes, prep ahead where you can, and use reusable containers to keep things easy. The goal is to relax and enjoy the moment—not stress over it! Plan less, enjoy more.



“

Good food, good company,
and a beautiful day—
the perfect recipe for
happiness.

– Unknown –

”



Daily Habits for a More Delicious Summer



PLAN AHEAD

Plan your meals and picnic days in advance.



EAT FRESH

Choose seasonal fruits, veggies, and whole foods.



STAY HYDRATED

Drink plenty of water throughout the day.



SHARE & CONNECT

Enjoy meals and picnics with people you care about.



SAVOR THE OUTDOORS

Soak up sunshine, fresh air, and beautiful surroundings.



MAKE MEMORIES

Capture the moments—they become treasures.



BE PRESENT

Put away distractions and enjoy the here and now.

Good food. Great company.
Beautiful places. Unforgettable memories. 



Picnic Menu

Date: _____

Packed with: _____ 

 SIMPLE • FRESH • DELICIOUS 

*"Good food, good friends,
great memories."*



MAINS

- Classic Chicken Salad Sandwiches
- Turkey & Cheese Wraps
- Caprese Pasta Salad
- Veggie & Hummus Wraps (V)

TREATS

- Lemon Bars
- Chocolate Chip Cookies
- Fresh Berries
- Watermelon Slices

SIDES

- Fresh Fruit Salad
- Kettle Chips or Veggie Chips
- Cucumber & Carrot Sticks
with Ranch Dip
- Pasta Salad

DRINKS

- Lemonade
- Iced Tea
- Sparkling Water
- Infused Water
(lemon, mint, berries)



Pack it. Share it. Enjoy it.

Here's to sunshine, fresh air, and good company! 



FRIENDSHIP

Friendship: The People Who Make Life *Brighter*

True friendship is a **gift** that enriches our lives in countless ways.

Friends **celebrate** our joys, **support** us through the challenges, and **remind us** we never have to walk through life alone.



This **July**, take time to **nurture** the friendships that mean the most to you.

Reach out, **reconnect**, and create new memories together. A kind word, a **listening** ear, or a shared laugh can strengthen bonds and turn ordinary moments into **treasured** memories.

Good friends are like stars—you don't always see them, but you know they are **always there**.



QUICK TIP



BE A FRIEND WORTH HAVING

Be kind, be honest, be loyal, and be there. The little things you do for your friends will come back to you in ways that last a lifetime.



“

Friendship isn't about whom you have known the longest, it's about who came and **never** left your side.

”

— Unknown —



Daily Habits for Stronger Friendships



REACH OUT

A quick text or call can brighten someone's day.



LISTEN WELL

Be present and truly listen when your friend needs you.



SHOW YOU CARE

Small gestures of kindness strengthen your bond.



SPEND TIME TOGETHER

Make memories and enjoy each other's company.



CELEBRATE AND ENCOURAGE

Cheer on their successes and lift them up in tough times.



BE LOYAL

Stay true, be supportive, and keep their confidence.

Friends are the family we choose,
the hearts that understand us,
and the joy that fills our lives. 

FUN

Fun:

The Secret

to a 

Happier Life!

Fun is what adds **sparkle** to our days and lightness to our hearts. It reminds us not to take life too seriously and to enjoy the little things that make us **smile**, **laugh**, and feel **alive**.

This **July**, make time for **fun** in every way you can. Try something **new**, revisit an old favorite, or simply do more of what makes you **happy**. Whether you're spending time with friends, dancing in your living room, or watching the sunset—choose **joy** and let your inner kid play!

When we make fun a priority, we boost our **mood**, strengthen our **connections**, and create **memories** that last a lifetime.

Life is better when you're laughing and having fun!

“

Don't wait for the **perfect** moment. Take the moment and make it **fun!**

— Unknown —

”

Good Times
Crazy Friends
Amazing
Memories



Smile
Laugh
Have Fun!



Ways to Add More Fun

- ☒ Plan a spontaneous adventure
- ☒ Try something silly
- ☒ Play your favorite music & dance
- ☒ Spend time with people who lift you up
- ☒ Enjoy a hobby you love
- ☒ Go outdoors and explore
- ☒ Laugh often & worry less
- ☒ Make every day a little brighter



Collect Moments,
Not Things



QUICK TIP



CHOOSE FUN EVERY DAY

You don't need a big event to have fun. Look for small moments that make you happy and say “yes” to them. Joy is found in the moments you choose to enjoy!



Daily Habits for More Fun & Joy



BE PLAYFUL

Let go, be silly, and don't be afraid to act your age.



LOOK ON THE BRIGHT SIDE

A positive attitude makes everything more enjoyable.



MAKE MEMORIES

Capture the moments that bring you joy and share them.



SPEND TIME WITH FRIENDS

Laughter and connection make life more meaningful.



TREAT YOURSELF

Enjoy the little indulgences that make you smile.



DO WHAT YOU LOVE

Make time for your passions—they fuel your happiness.

*Fun isn't just an escape from life—
it's the joy that makes life unforgettable!*



GAMES

Sports: Play Hard, Live Well!

Sports are more than just games—they're a way to **challenge** ourselves, build **strength**, connect with others, and have a whole lot of **fun**! From team sports to solo activities, staying active keeps our bodies strong and our minds sharp.



This **July**, get in the **game**! Whether you hit the tennis court, take a bike ride, play a round of golf, go for a swim, or cheer on your favorite team—make sports a part of your **summer**.

It's a great way to boost your **energy**, reduce stress, and create memories that last long after the final score.

Win or lose, it's not about being the best—it's about showing up, giving your best effort, and enjoying the **journey**.

That's what makes a true **champion**!

QUICK TIP

FIND YOUR SPORT, LOVE YOUR WAY!

You don't have to be an athlete to enjoy sports. Find activities you love, set small goals, stay consistent, and most importantly—have fun! Your future self will thank you.

“

Sports do not build character. They **reveal** it. They reveal it by the **challenges** they present.

— Heywood Broun —

”

Play
Hard
Have Fun
Stay Active

Fun Sports to Try This Summer

- ☒ Tennis or Pickleball
- ☒ Biking or Rollerblading
- ☒ Swimming or Paddleboarding
- ☒ Golf or Mini Golf
- ☒ Beach Volleyball
- ☒ Hiking or Trail Walking
- ☒ Kayaking or Canoeing
- ☒ Play a sport with friends
- ☒ Go to a live game
- ☒ Try something new!

Move More,
Laugh More,
Live Better!

♥ Daily Habits for an Active, Happy You ♥



MOVE DAILY

Aim for at least 30 minutes of physical activity each day.



STAY HYDRATED

Drink plenty of water before, during, and after your activity.



PLAY TOGETHER

Make it social! Invite friends or family to join the fun.



REST & RECOVER

Give your body time to rest so you can come back stronger.



CELEBRATE YOUR WINS

Recognize every achievement, big or small!



ENJOY THE JOURNEY

It's not about perfection—it's about progress and joy!

Get out. Get active. Get inspired.
Great sports. Great friends. Great life. ♥

ARTS & CRAFTS

Create Something Beautiful!

Arts & crafts allow us to express our **creativity**, reduce stress, and bring more **joy** into our everyday lives.



This **July**, take time to **create**!

Whether you love painting, drawing, scrapbooking, knitting, or DIY projects—there's no right or wrong way to make art.

It's not about perfection; it's about the **process** and the **happiness** it brings.



Getting creative can boost your **mood**, improve focus, and give you a wonderful sense of accomplishment. Plus, handmade gifts and keepsakes come straight from the **heart**!

QUICK TIP

PERFECT DOESN'T EXIST—ENJOY DOES!

Let go of expectations and give yourself permission to play, experiment, and enjoy every colorful moment. Creativity is your time to shine!

“

Creativity takes **courage**.

Let your imagination be your guide and create a life you **love**.

— Unknown —

”



Daily Habits to Spark Creativity



BE INSPIRED

Surround yourself with things that inspire you.



SCHEDULE TIME

Set aside time each week to create something just for fun.



UNPLUG

Step away from screens and connect with your imagination.



TRY NEW THINGS

Explore new materials, styles, and creative ideas.



SHARE & CONNECT

Share your creations and enjoy the joy it brings to others.



CELEBRATE YOU

Be proud of every creation—big or small!

Create with joy. Craft with love.
Make beautiful things and beautiful memories.

INSPIRATION

Be Inspired. Live Inspired.

Inspiration is the **spark** that lights the way and reminds us of what's possible.

It lifts our spirits, fuels our **dreams**, and gives us the courage to keep going—even on the toughest days.

This **July**, open your heart and mind to **inspiration**! You'll find it in the little things—a beautiful sunrise, a kind word, a good book, or a quiet moment just for you. 

When we surround ourselves with what inspires us, we think more **positively**, feel more **grateful**, and take action toward the life we truly want. Let inspiration be your daily reminder that you are **capable**, you are strong, and you are meant for **amazing** things!

“ Let today be the day you give yourself permission to think big, **dream bold**, and believe in the beautiful possibilities ahead.

– Unknown – ”



QUICK TIP

CREATE AN INSPIRATION CORNER

Set up a small space that uplifts you. Add things that inspire your heart and mind—photos, quotes, books, candles, or meaningful keepsakes. Visit it daily to reset, refocus, and recharge your spirit.

Daily Habits to Keep You Inspired



START WITH GRATITUDE

Begin each day by listing 3 things you're thankful for.



FEED YOUR MIND

Read, listen, or watch something that motivates you.



SPEND TIME IN NATURE

Nature refreshes your soul and sparks new ideas.



SURROUND YOURSELF

Be around positive, kind, and supportive people.



FOCUS ON YOUR GOALS

Take small steps each day toward your dreams.



DO WHAT YOU LOVE

Make time for activities that bring you joy.

Let inspiration be your compass,
and let your heart lead the way. 

INNOVATION

New Ideas. Better Solutions. Brighter Future!

Innovation is the **spark** of creativity that turns challenges into opportunities and ideas into **impact**.

It's how we move forward, grow, and make life—and the world—better.



This **July**, embrace **innovation**! Think differently, ask questions, explore new possibilities, and don't be afraid to try something new.

Every big change starts with one small idea.



When we innovate, we solve problems in smarter ways, save time, and create value for ourselves and others.

It keeps our minds active, our spirits **curious**, and our futures full of **promise**.

You don't have to be a genius to be innovative—just open, observant, and willing to **imagine** what could be!



QUICK TIP

MAKE INNOVATION A DAILY HABIT

Keep a notebook or note app handy to capture ideas whenever they come to you. Review it often—you never know which idea could be your next big breakthrough!



“

The best way to predict the **future** is to create it.

– Peter Drucker –

”



Daily Habits to Fuel Innovation



STAY CURIOUS
Ask questions and explore new things every day.



LOOK FOR OPPORTUNITIES
Challenges often hide great ideas.



COLLABORATE
Share ideas and learn from others' perspectives.



TAKE ACTION
Try, test, and don't be afraid to fail and learn.



STAY POSITIVE
A positive mindset opens the door to possibilities.



CELEBRATE PROGRESS
Every small step forward is a step toward something great!

Innovate today for a better tomorrow.
Your idea could change someone's world! 



INTERPERSONAL COMMUNICATION

Connect, Communicate, and Understand

Great communication builds **strong relationships** and a happier, more **connected** life.



LISTEN WITH PURPOSE. Really listening—without interrupting or planning your reply—shows respect and helps you truly understand the other person. It's one of the most powerful ways to build **trust**.



SPEAK WITH KINDNESS. Choose your words carefully. Speak with honesty and kindness, and express how you feel without blame. Thoughtful words can **heal**, encourage, and bring people closer together.

QUICK TIP



PAUSE BEFORE YOU SPEAK.

Take a breath, think about what you want to say, and how it will make the other person feel. A little pause can prevent misunderstandings and make your message more meaningful.



“

The single biggest problem in **communication** is the **illusion** that it has taken place.

— George Bernard Shaw — ”



Good Communication



- ✓ Builds Trust
- ✓ Strengthens Relationships
- ✓ Solves Problems
- ✓ Brings Joy & Connection



Daily Communication Checklist

- ✓ Listen more than you speak
- ✓ Be present and give your full attention
- ✓ Show empathy and understanding
- ✓ Speak honestly and kindly
- ✓ Ask questions and show interest
- ✓ Express appreciation
- ✓ End each conversation positively



Good conversations create stronger connections.



KEYS TO BETTER COMMUNICATION



LISTEN

Tune in with your ears, eyes, and heart.



BE RESPECTFUL

Value others' opinions, even when they differ.



ASK & CLARIFY

Questions show you care and help avoid assumptions.



BE OPEN

Share your thoughts and feelings honestly.



BE EMPATHETIC

Try to understand others' feelings and perspectives.



FOLLOW UP

Check in, follow through, and keep the connection.



When we communicate with respect and understanding, we build relationships that last a lifetime.



TIME MANAGEMENT

Your Time. Your Life. Make It Count!

Time is our most **valuable** resource—and once it's gone, we can't get it back. Great time management helps us stay focused, reduce stress, and create more space for the things that truly **matter**.



This **July**, **take charge** of your time! Plan your days with purpose, prioritize what matters most, and let go of what doesn't. When we use our time **wisely**, we get more done, feel more in control, and have more time for what we **love**.



Remember, it's not about doing everything—it's about doing the **right things** at the **right time**.

A little planning today creates a more peaceful, **productive**, and **joyful** tomorrow!



“

The key is not to **prioritize** what's on your schedule, but to schedule your **priorities**.

– Stephen R. Covey –

”



Plan
Prioritize
Progress

Time Management Checklist

- ☒ Set your top 3 priorities each day
- ☒ Use a planner or calendar
- ☒ Break big tasks into smaller steps
- ☒ Avoid multitasking
- ☒ Take regular breaks
- ☒ Say no to time-wasters
- ☒ Delegate when possible
- ☒ Review and adjust daily
- ☒ Make time for what matters most
- ☒ End the day with gratitude



Your Time
is Your
Superpower!



QUICK TIP

TIME BLOCK YOUR DAY!

Assign blocks of time for focused work, personal activities, and breaks. It helps you stay on track and protects your time for what matters most!



Daily Habits for Better Time Management



PLAN AHEAD

Spend a few minutes each morning planning your day.



PRIORITIZE

Focus on tasks that bring the biggest results and happiness.



STAY FOCUSED

Remove distractions and give your full attention to the task at hand.



TAKE BREAKS

Short breaks refresh your mind and boost your productivity.



REVIEW & RESET

End each day by reviewing, celebrating wins, and setting tomorrow's plan.



MAKE TIME FOR YOU

Schedule time for rest, fun, and self-care—you deserve it!

Manage your time. Focus on what matters.
Create the life you love. 

STRESS MANAGEMENT

Breathe Deep. 
Let Go.
Choose Peace.



Stress is a part of life, but it doesn't have to run your life. When we manage stress in healthy ways, we protect our **well-being**, think more clearly, and enjoy life more **fully**.



You can't always control what happens, but you can control how you **respond**. Take a deep breath, focus on what you can do, and **let go** of what you can't.



Small, daily habits make a big difference. A few minutes of **mindfulness**, a walk in nature, or a moment of **gratitude** can help calm your mind and lift your **spirit**.



Remember, it's okay to slow down, say no, and take care of you. When you care for yourself, **you** have more energy, patience, and **joy** to give to others.

“

Almost everything will work again if you **unplug** it for a few minutes... including **you**.

— Anne Lamott —

”

Stress Less

- ☒ Breathe Deeply
- ☒ Stay Positive
- ☒ Focus on Solutions
- ☒ Take Care of You

Calm Mind
Peaceful Heart
Stronger You

Stress Relief Checklist

- ☒ Take 3 deep breaths
- ☒ Go for a walk
- ☒ Drink water
- ☒ Listen to calming music
- ☒ Practice gratitude
- ☒ Stretch or do yoga
- ☒ Talk to someone you trust
- ☒ Do something you enjoy
- ☒ Get enough rest
- ☒ Let go of what you can't control

One Day
at a
Time

Relax
Refresh
Renew

Let Go

You've
Got This

QUICK TIP

THE 4-7-8 BREATH

Breathe in for 4 seconds.
Hold for 7 seconds.
Exhale slowly for 8 seconds.
Repeat 3–4 times.
This simple technique can help calm your mind and reduce stress instantly.



Daily Habits to Manage Stress



BREATHE

Take deep breaths throughout the day.



MOVE

Physical activity releases tension and boosts mood.



NATURE

Spend time outdoors and soak in the calming beauty.



GRATITUDE

Focus on the good things in your life every day.



UNPLUG

Take breaks from screens and social media.



REST

Prioritize quality sleep and time to recharge.



ENJOY

Make time for hobbies, fun, and things that bring you joy.

*You can't always control life's storms,
but you can learn to dance in the rain.*

GOAL-SETTING

Dream It. Plan It. Achieve It!

A goal gives you direction, purpose, and something exciting to work toward. It turns your **dreams** into a plan and your plan into **action**!



BE CLEAR.

Know what you want and why it matters to you. A clear goal gives you **focus** and motivation.



BE SPECIFIC.

Define exactly what you want to achieve. The more specific you are, the more likely you are to **succeed**.



BE REALISTIC.

Set goals that challenge you, but are **possible**. Big dreams start with doable steps.



BREAK IT DOWN.

Break your goal into smaller steps and create a plan. Small steps lead to big **results**!



STAY COMMITTED.

Be patient with yourself, stay consistent, and celebrate your **progress** along the way.



QUICK TIP

WRITE IT. SEE IT. ACHIEVE IT.

Write down your goals and keep them somewhere you will see them daily. Visual reminders keep your goals top of mind and your motivation strong!



“

A goal without a **plan** is just a **wish**. A plan with action makes your **dreams** come true.

”

— Antoine de Saint-Exupéry —



Daily Habits for Successful Goal-Setting



WRITE IT DOWN
Put your goals in writing to clarify and commit.



VISUALIZE IT
Picture yourself achieving your goal. See it, believe it!



PLAN DAILY
Take small, consistent actions every single day.



TRACK PROGRESS
Review your progress regularly and stay on track.



CELEBRATE WINS
Celebrate every small win. It keeps you motivated!



STAY POSITIVE
A positive mindset keeps you going—always!

Set your goals high, believe in yourself, and go for it! Your future self will thank you. ♥

GOAL-ACHIEVEMENT STRATEGIES

Small Steps. Consistent Action. Extraordinary Results!

Setting goals is the first step.
Achieving them is where the **magic** happens!
These strategies will help you stay on track,
overcome obstacles, and turn your goals
into lasting **success**.



BREAK IT DOWN

Divide your goal into smaller, manageable steps. Focus on one step at a time.



CREATE A PLAN

Map out your action steps, set deadlines, and schedule time to work on your goal.



STAY FOCUSED

Keep your "why" in mind. Visualize your success and stay committed to your plan.



OVERCOME OBSTACLES

Challenges are a normal part of the journey. Learn, adjust, and keep moving forward.



CELEBRATE PROGRESS

Acknowledge every milestone—big or small. Progress fuels motivation!



GET SUPPORT

Surround yourself with positive, encouraging people who believe in you and your dreams.



NEVER GIVE UP

Persistence turns setbacks into comebacks and dreams into achievements!

“

Success is the sum of **small** efforts, **repeated** day in and day out.

— Robert Collier —

”

Success Habits

- ☒ Be Consistent
- ☒ Take Action Daily
- ☒ Stay Positive
- ☒ Learn & Adjust
- ☒ Believe in Yourself
- ☒ Enjoy the Journey

Dream
Plan
Do
Achieve

Action Plan for Success

- ① Define my goal
- ② List my action steps
- ③ Set my deadlines
- ④ Take action every day
- ⑤ Track my progress
- ⑥ Celebrate milestones
- ⑦ Stay flexible & keep going!

I've got this!

Focus
Believe
Persist
Succeed

Discipline today
Creates the
freedom
tomorrow.

QUICK TIP

DON'T AIM FOR PERFECT. AIM FOR PROGRESS.

Perfection can paralyze you. Progress will propel you. Every step forward—no matter how small—gets you closer to your goal!



START YOUR DAY

Begin with purpose and a positive mindset.



TAKE ACTION

Do something each day that moves you forward.



STAY ACCOUNTABLE

Review your plan, track your actions, and hold yourself accountable.



KEEP LEARNING

Invest in yourself and look for ways to grow every day.



BE RESILIENT

Bounce back stronger and keep going no matter what.



FINISH STRONG

Stay the course and enjoy the pride of achievement!

You don't have to be great to start,
but you have to start to be great!

PERSONAL PASSIONS

Follow Your Passion. Live Your Best Life!

Your passions are the things that **light** you up, fill your **soul**, and make life **meaningful**.

When you pursue what you love, every day becomes richer and more **joyful**.

“

The things you are **passionate** about are not random; they are your **calling**.

— Fabienne Fredrickson —

”

DISCOVER WHAT YOU LOVE.

Take time to explore what brings you energy and excitement. Think about what you loved as a child, what interests you now, and what makes you lose track of time.

MAKE TIME FOR IT.

Passions need space to grow. Schedule time each week to nurture the things you love—even if it's just a little.

SAY YES TO JOY.

Choose activities that bring you happiness, fulfillment, and a sense of purpose. Joy is not selfish—it fuels your well-being.

GROW & CHALLENGE YOURSELF.

Passions help you learn, stretch, and become your best self. Don't be afraid to try new things and step outside your comfort zone.

SHARE & CONNECT.

Your passions can inspire others and build beautiful connections. Share your gifts, join a community, or teach what you love.

LIVE WITH PURPOSE.

When you live in alignment with your passions, life feels more authentic, rewarding, and full of meaning. You were meant to do what sets your **soul on fire**!

QUICK TIP

START SMALL. DREAM BIG.

You don't need a perfect plan—just a willing heart. Start with one small step today toward something you love. Little by little, your passion can lead to extraordinary things!



SCHEDULE IT

Put your passion on your calendar and protect that time.



KEEP LEARNING

Read, take classes, watch, or listen. Keep growing!



STAY INSPIRED

Surround yourself with beauty, ideas, and uplifting people.



CAPTURE MOMENTS

Take photos, keep a journal, and celebrate your progress.



CONNECT

Share your journey and enjoy the support of others.



HAVE FUN!

Do it for joy, not perfection. Enjoy the ride!

Daily Habits to Nurture Your Passions

Your passion is the spark. Nurture it.
Let it grow. Let it change the world—starting with you.

LIFESTYLE ADVENTURES

Say Yes to Life. Make Every Day an Adventure!

Life is meant to be explored, experienced, and enjoyed to the fullest. Lifestyle adventures don't have to be far or fancy—they just have to be **meaningful** to you.



EMBRACE NEW EXPERIENCES.

Step outside your routine and try something new. New experiences create lasting **memories** and expand your world.



EXPLORE PLACES.

Visit new places, near or far. Every destination has a story, a lesson, and a little **magic** waiting for you.



SAVOR THE MOMENTS.

Notice the little things—beautiful sunsets, a great cup of coffee, laughter with friends. These are the **moments** that make life rich.



FOLLOW YOUR CURIOSITY.

Let your interests guide you. Curiosity leads to **growth**, fulfillment, and unexpected adventures.



LIVE ACTIVELY.

Stay active, get outdoors, and take care of your body. It gives you the **energy** to enjoy every adventure life offers.



CHOOSE A LIFE YOU LOVE.

Design a lifestyle that reflects your values, passions, and dreams—and have the **courage** to live it on your own terms.



QUICK TIP

PLAN MINI ADVENTURES!

You don't need a lot of time or money to create adventure. Plan small escapes—day trips, local events, or new activities. Make adventure a habit!

“

We travel not to
escape life,
but for life not to
escape us.

— Anonymous —

Adventure Ideas

- ☒ Take a weekend getaway
- ☒ Go on a nature hike
- ☒ Visit a local museum
- ☒ Try a new hobby
- ☒ Plan a dream vacation
- ☒ Spend time with people you love
- ☒ Create your bucket list

Collect
Moments,
Not Things

My Adventure List

- ☒ Watch the sunrise
- ☒ Take a road trip
- ☒ Learn something new
- ☒ Go somewhere I've never been
- ☒ Have an outdoor picnic
- ☒ Attend a local event
- ☒ Meet new people
- ☒ Say YES more often!

Life is an adventure—
make it unforgettable!

Adventure
Awaits

Don't just
dream it.
Live it!



Daily Habits for a More Adventurous Lifestyle



BE CURIOUS

Ask questions, explore, and keep an open mind.



GET OUTSIDE

Nature is full of adventures and wonder.



SAY YES

Say yes to opportunities that excite you.



CONNECT

Spend time with people who inspire and uplift you.



CAPTURE MEMORIES

Take photos, keep a journal, and cherish the moments.



KEEP EXPLORING

Never stop exploring—life is always new.

Adventure is out there—and it starts
with the choices you make today!

PERSONAL PURSUITS

Pursue What Fulfills You. It's Your Journey!

Personal pursuits are the activities, interests, and dreams that bring you **joy**, **growth**, and a sense of **purpose**. They remind you who **you** are and what truly matters.



KNOW WHAT YOU LOVE.

Tune in to the things that make you feel **alive** and energized. Your passions are clues to your purpose.



MAKE TIME FOR YOU.

Your well-being matters. Protect time in your day and week for the **pursuits** that feed your mind, body, and soul.



KEEP LEARNING.

Explore new topics, take a class, read inspiring books, and stay curious. **Growth** happens when you keep expanding.



EXPRESS YOURSELF.

Create, write, paint, play music—whatever helps you express your **creativity** and unique voice.



SET MEANINGFUL GOALS.

Give your pursuits direction. Set small goals, celebrate **progress**, and enjoy the satisfaction of achievement.



CONNECT WITH OTHERS.

Share your interests, join communities, and surround yourself with people who uplift and **inspire** you.



FOLLOW YOUR HEART.

There's no one right path. Trust yourself, stay true to your values, and enjoy the adventure of becoming **you**.



QUICK TIP

DO A JOY CHECK-IN.

Ask yourself: What lights me up? What am I curious about? What would I do if I had more time? Then take one small step toward it today!

“

The best thing about following your dreams is that it leads you to discover yourself.

— Unknown —

”

Pursuit Power

- ☒ Fuel your passion
- ☒ Nourish your soul
- ☒ Embrace your journey
- ☒ Enjoy the process
- ☒ Live with purpose

Do What
You Love,
Love What
You Do

My Pursuit Plan

- What brings me joy?
- What do I want to learn or explore?
- How will I make time for my pursuits?
- Who can support or encourage me?
- What are my next small steps?

I choose to create a life I love!

Purpose
Passion
Peace

Focus
Create
Grow

Start
Where
You Are



Daily Habits to Support Your Pursuits



SCHEDULE IT

Plan time for what matters most to you.



START SMALL

Small steps create big momentum.



STAY INSPIRED

Surround yourself with beauty, motivation, and positivity.



KEEP GROWING

Never stop learning and trying new things.



CAPTURE JOY

Take photos, write memories, and celebrate your journey.



BE GRATEFUL

Appreciate how far you've come and enjoy the ride!



LIVE PURPOSEFULLY

Align your life with what truly fulfills you.

Your life is your masterpiece—paint it with the colors of your passions and pursuits.



Beauty Bon, Vivant, LLC

Live Life Well!

BBV

NEXT LEVEL

Lifestyle

MEMBERSHIP CLUB

Discover a world of luxury and personal growth at Beauty Bon Vivant. Immerse yourself in exclusive workshops and rejuvenating retreats tailored to elevate your mind, body, and soul.

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Vitalia Bryn-Pundyk
"Beauty Bon Vivant"



Note: *We offer 4 different Membership Levels, each with their own exclusive benefits and events.*

So, whether you join us for our monthly on-line Coffee Connections and Cocktail Conversations, or our quarterly curated lifestyle mini Lunch & Learn Webinars and in-person half-day workshops, we look forward to welcoming you to our BBV Community.

For more info and membership details, go to:

www.beautybonvivant.com

Questions? – Contact Vitalia directly at:

Phone: (952) 221-1701 or

Email: vitalia@beautybonvivant.com





Become a member of the Sisterhood Sorority!

- *Are you a woman with a busy life?
- *Are you seeking stronger feminine connections?
- *Do you seek more work and play balance?
- *Do you yearn for more fun but need to plan it into your schedule?

If you answered yes, to any of these questions, then we invite you to join the Sisterhood Sorority – a **FREE** women's social & adventure club designed to foster more friendships, fulfillment, and fun!

For more info and membership details, go to:

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Phone: (952) 221-1701 or Email:
Vitalia@beautybonvivant.com

See Membership Enrollment Details & Benefits Below!

Membership includes:

Invitations to Monthly “in-person” social connects.*

*Note: Monthly “in-person” social connects may incur additional fees for various food, transportation, lodging, admission, or ticketed events. These are well-organized, planned outings, such as: field trips, dinners, lunches, brunches, movies, game nights, museums, art exhibits, theater, sports, concerts, fairs, etc.... and will occur on various dates. Every effort will be made to provide at least a 2-3 month notice detailing upcoming “social connections.” We look forward to having you join us for as many as you can!

Vitalia Bryn-Pundyk
Founder of Sisterhood Sorority, LLC



May your days be filled
with *beauty* and your
moments with *gratitude*.

— UNKNOWN



Beauty Bon Vivant



Monthly Message from Vitalia

Thank you for reading! Stay inspired, stay beautiful. Live life well!



As the days of summer invite us to slow down and savor life's simple pleasures, I hope this issue encourages you to embrace each day with purpose, curiosity, and gratitude. Whether you're discovering a new passion, nurturing meaningful relationships, exploring new adventures, or simply taking time to recharge, remember that every small step you take toward living well is a step toward becoming your very best self.

Thank you for allowing Beauty Bon Vivant to be part of your journey. My wish for you is a season filled with beauty, joy, good health, personal growth, and unforgettable memories.

Here's to living life well!

- Vitalia Bryn-Pundyk (Founder & C.E.O)

Come join our community - There are many ways to connect!

Subscribe to our free monthly newsletter, "The BBV E-zine."

Beauty Bon Vivant Magazine (BBV E-zine), is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live! – www.beautybonvivant.com

Become a Member of BBV

Next Level Lifestyle Membership Club offering curated carte blanche personal enrichment workshops and weekend retreats. Note: We offer 4 different levels of membership with exclusive event invitations for each! –

www.beautybonvivant.com

Become a member of the Sisterhood Sorority! – www.beautybonvivant.com

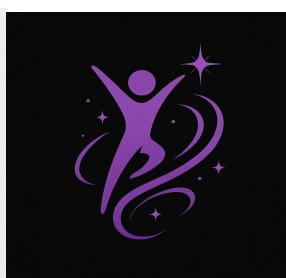
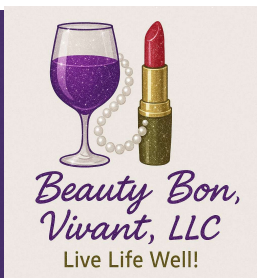
- *Are you a woman with a busy life?
- *Are you seeking stronger feminine connections?
- *Do you seek more work and play balance?
- *Do you yearn for more fun but need to plan it into your schedule?

If you answered yes, to any of these questions, then we invite you to join the [Sisterhood Sorority](#) – a FREE women's social & adventure club designed to foster more friendships, fulfillment, and fun!

Schedule time with Vitalia! - Call (952) 221-1701 or Email: vitalia@beautybonvivant.com

- *One-on-one weekly/monthly in-person and/or zoom coaching sessions.
- *Friendship Friday.
- *Customized VIP Day.
- *Lunch & Laughter.
- *Coffee Connections and/or Cocktail Conversations.
- *Girlfriend Gatherings.

Please visit us at www.beautybonvivant.com





“

Make time for
growth, gratitude,
creativity, and joy.
Life becomes more
meaningful when we
intentionally create
beautiful moments
along the journey.



— Vitalia Bryn-Pundyk

One day
at a time.
One step
at a time.



Plan
Your Dreams
Live
Your Purpose



Today I am
Grateful For



- ♥ My health
- ♥ My family & friends
- ♥ New opportunities
- ♥ Small moments
- ♥ Big dreams



Notes from
the Heart



I am becoming
the best version
of myself.



Enjoy
the little
things



LIVE BEAUTIFULLY

CHOOSE JOY

FOLLOW YOUR HEART

Believe

