

July Theme: Nourish

A season of rest, grounding, emotional flow, and creative care.

July Energy + Moments

Moon Phases

- New Moon – July 14
- Full Moon – July 29

Seasonal Shift

- Mid-Summer – Joy, growth & abundance
- Late July – Harvest season begins

Zodiac

- Cancer → soften, protect, nurture
- Leo → learn, question, connect

Cultural Dates

- Independence Day – July 4
- World Chocolate Day – July 7
- Non-Binary People's Day – July 14

Monthly Intention: Restore

Journal Prompt

What needs restoration within me?

Affirmation

I restore my energy with care.

Creative Challenge

Nourish

Watercolor Comfort Page: Paint a soft, soothing watercolor page inspired by rest + comfort.

Tarot Card

The moon

nourishment, intuition, emotional depth.



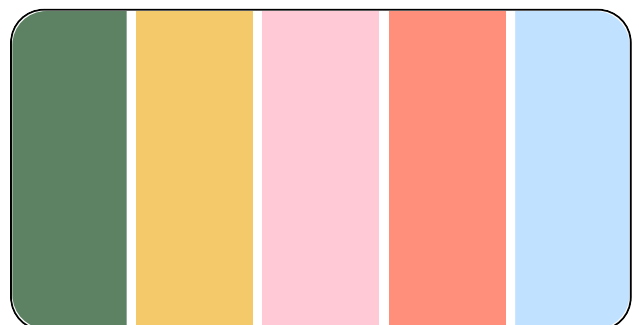
Color Palette

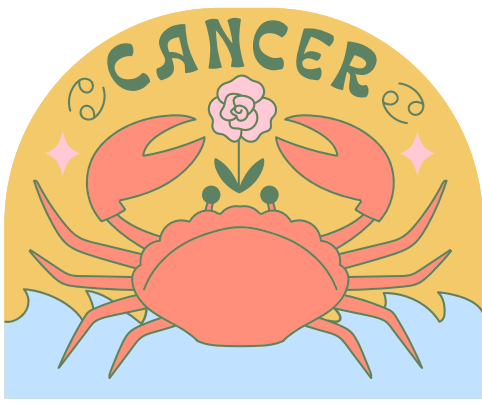
- **Moss Sage:** renewal, balance, and confidence
- **Golden Sand:** warmth, grounding, and carefree
- **Shell Pink:** compassion, self-love, and connection
- **Coral Sunset:** vitality, joy, and playful courage
- **Sky Mist:** intuition, serenity, and quiet wonder

Crystal

Moonstone

intuition, nourishment, emotional flow.

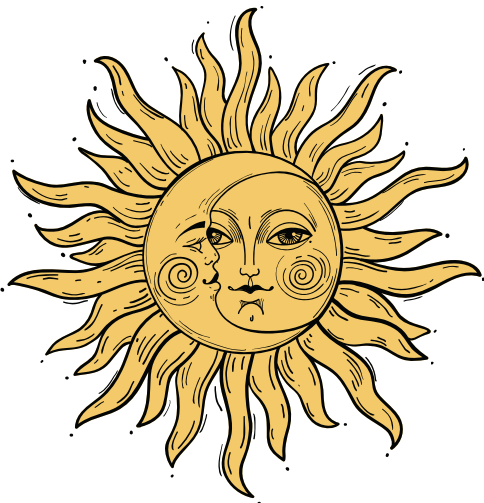


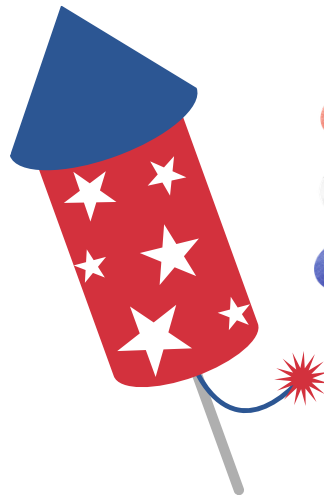
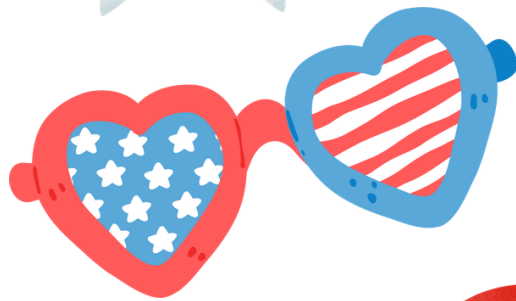
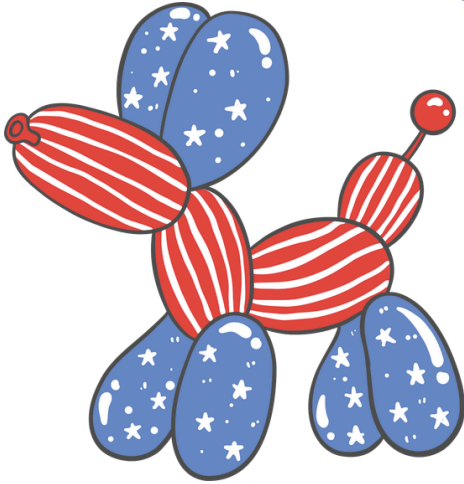


RESTORE
RENEW
NOURISH

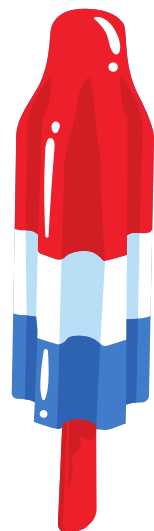
CANCER

LEO





LAND *of the* **FREE**
HOME *of the* **BRAVE**
est. 1776





4th
of July

