

REAPing Women

A daily practice for a vibrant and fruitful life

July 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1			1 Build a seasonal eating awareness — what's in season now?	2 Try a new outdoor activity this month	3 Celebrate rest as a spiritual discipline, not just physical	4 Celebrate your resilience — name what you've survived	5 Prepare your environment for the final quarter — clear what's old
Week 2	6 Reflect on who you want in your life in the next chapter	7 Write the 'after' story you are stepping into	8 Create a simple food philosophy — your personal principles	9 Move with joy to celebrate your year of physical growth	10 Share your rest journey — it gives others permission to rest too	11 Create a stress management philosophy — your personal approach	12 Celebrate the woman you've become through 52 weeks of REAPing
Week 3	13 Reflect on the relational woman you've become	14 Step into a growth edge you've been building toward all year	15 Write your wholesome eating commitments for the year ahead	16 Define your active life vision — what does thriving look like at 60, 70, 80?	17 Integrate deep rest as a leadership and longevity strategy	18 Celebrate: you are a woman who knows herself, and that is powerful	19 Complete your first weekly REAPing review — honest and kind
Week 4	20 Reach out to one person you've been meaning to contact	21 Identify one small change you could make today and keep	22 Add one extra vegetable to today's meals	23 Take the stairs or walk a longer route intentionally	24 Practise a 5-minute relaxation exercise before sleep	25 Practise a body scan — where does stress live in your body?	26 Plan your meals and movement for the week in 10 minutes
Week 5	27 Explore what healthy connection looks like for you	28 Map your change history — what has actually shifted you?	29 Try on new fruit or vegetable you rarely eat	30 Reflect: is your relationship with exercise joyful or punishing?	31 Implement a consistent bedtime — same time, 5 nights minimum		