

TRAVEL WITH TEXTURE

2023
12 MONTH CALENDAR

JULIE K.

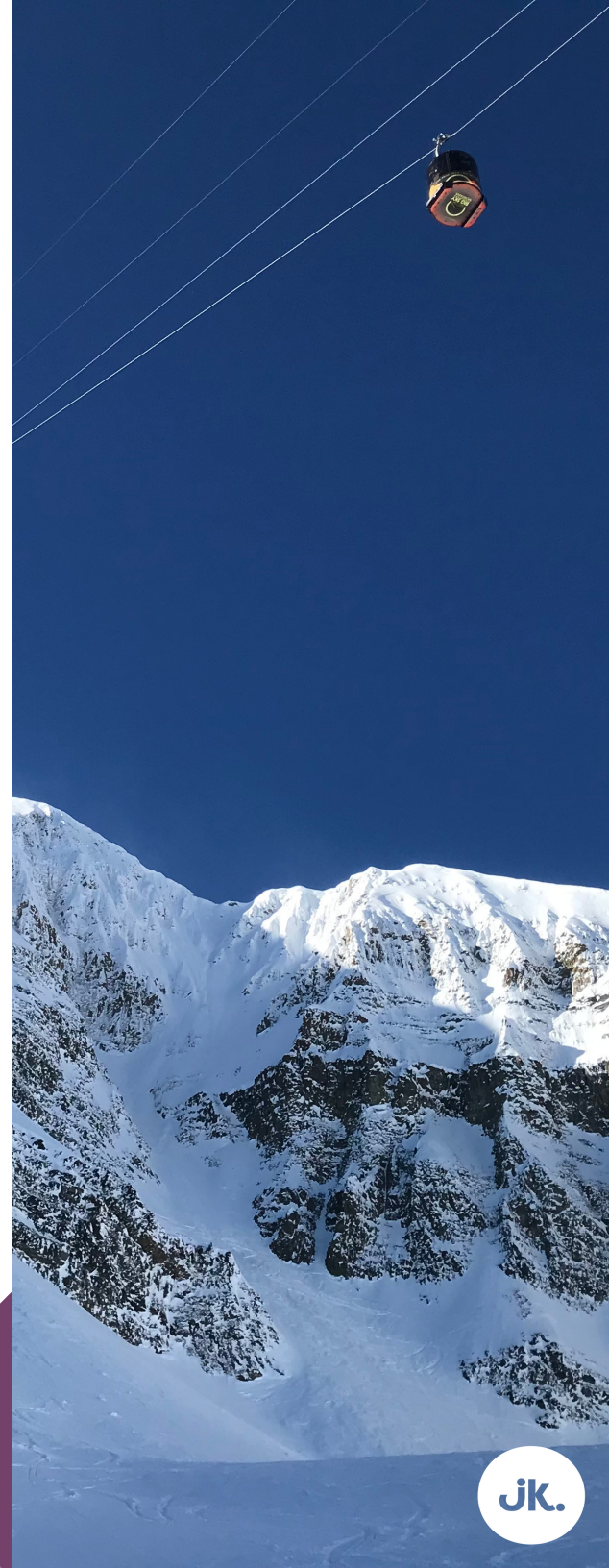


JANUARY 2023

MINDSET FOCUS:

Every year, every day, every minute, every breath is brand new.
Revel in the winter covering of snow. Breathe deeply. Every second is new.

SUN	MON	TUE	WED	THU	FRI	SAT
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				



FEBRUARY 2023

MINDSET FOCUS:

Choose YOU. What cloak of covering will you wrap around yourself?

Boundaries, indulgence, luxury, quiet, or simple joys? Yes or no?

SUN	MON	TUE	WED	THU	FRI	SAT
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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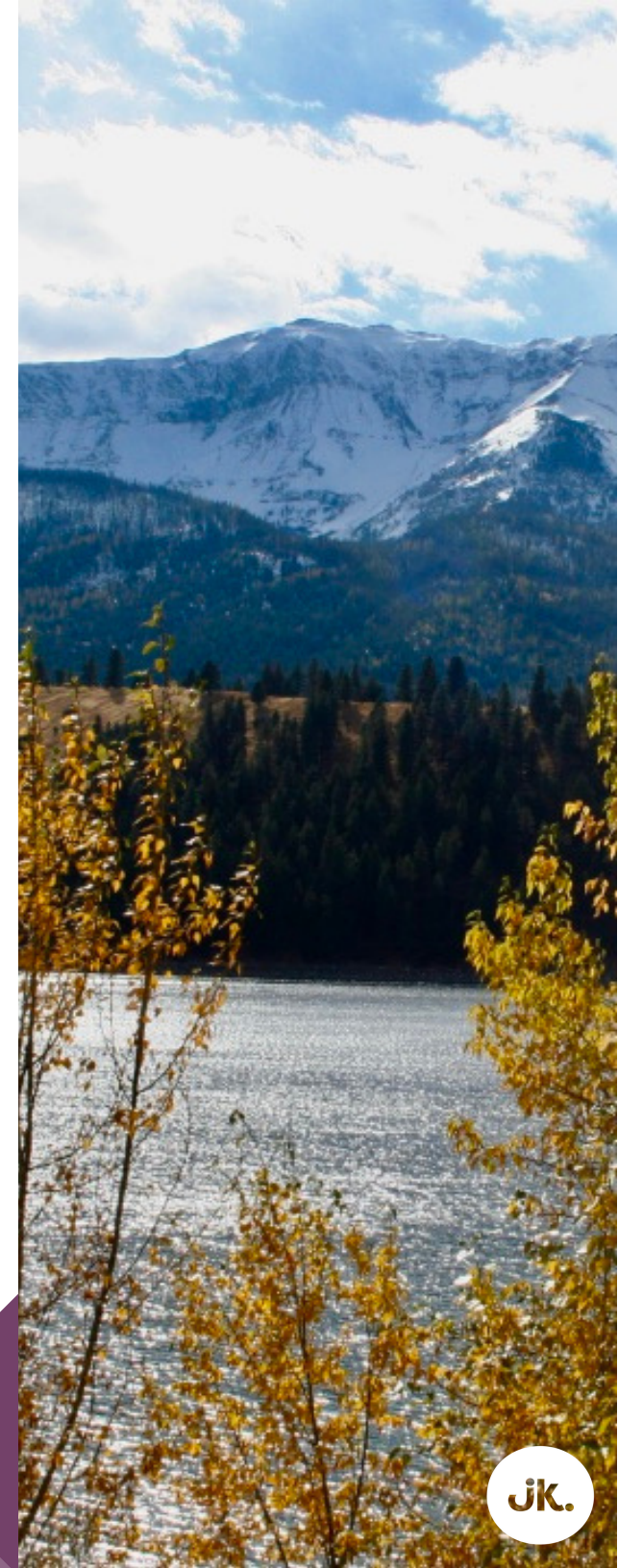
MARCH 2023

MINDSET FOCUS:

You are not your thoughts or actions. Step outside of yourself and witness them.

What new perspective does this give you?

SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15	16	17	18
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26	27	28	29	30	31	



APRIL 2023

MINDSET FOCUS:

Curiosity is the best in spring. Look, hear, smell, feel, taste.

Embrace it all, curiously.

SUN	MON	TUE	WED	THU	FRI	SAT
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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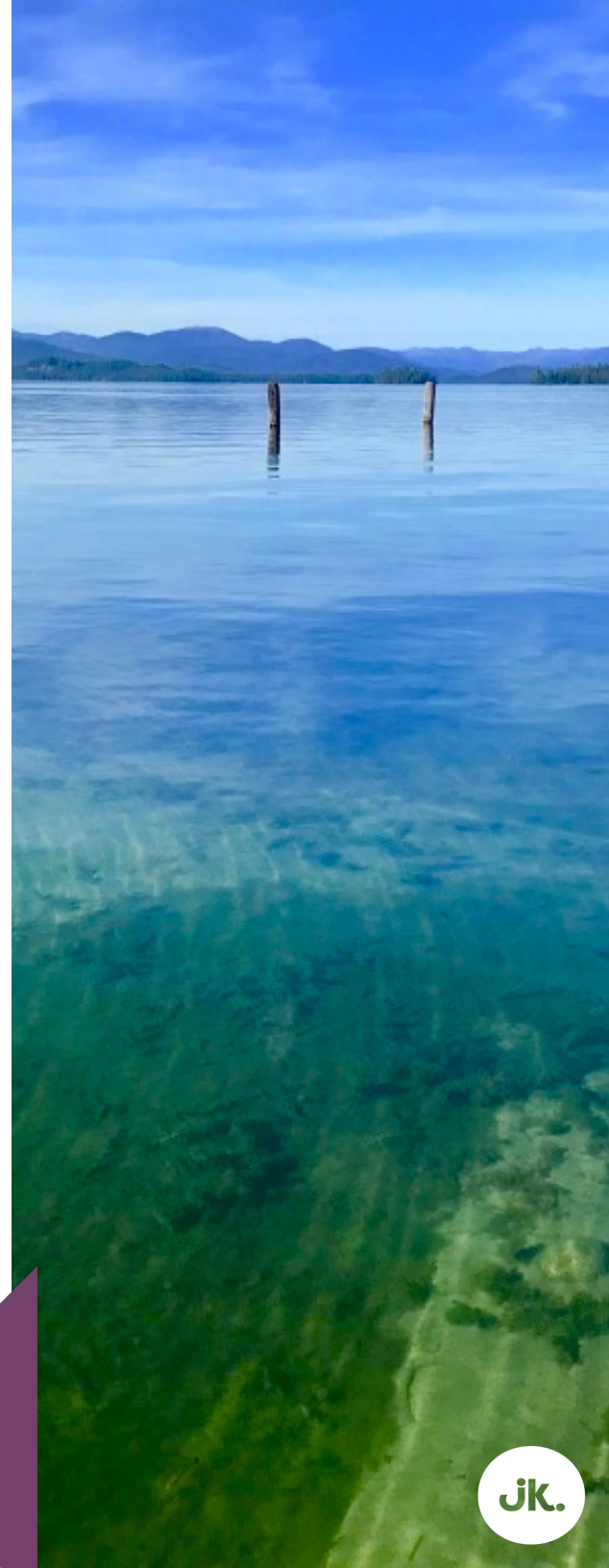


MAY 2023

MINDSET FOCUS:

Learn something new. Skills, sport, history, music. Read, travel, listen, move.
Try it all around a theme. You will be amazed how it translates back to daily life.

SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30	31			



JUNE 2023

MINDSET FOCUS:

Lavender season means everything is calm. Relax. Try lavender eye masks or neck wraps. Use lavender in cooking or cocktails. Try a little lavender oil or go wander in a lavender field.

SUN	MON	TUE	WED	THU	FRI	SAT
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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	



JULY 2023

MINDSET FOCUS:

Use the long days and the energy of light to run towards your fear. Take it head on.
Write down your fears and then write down the opposite of your fears.

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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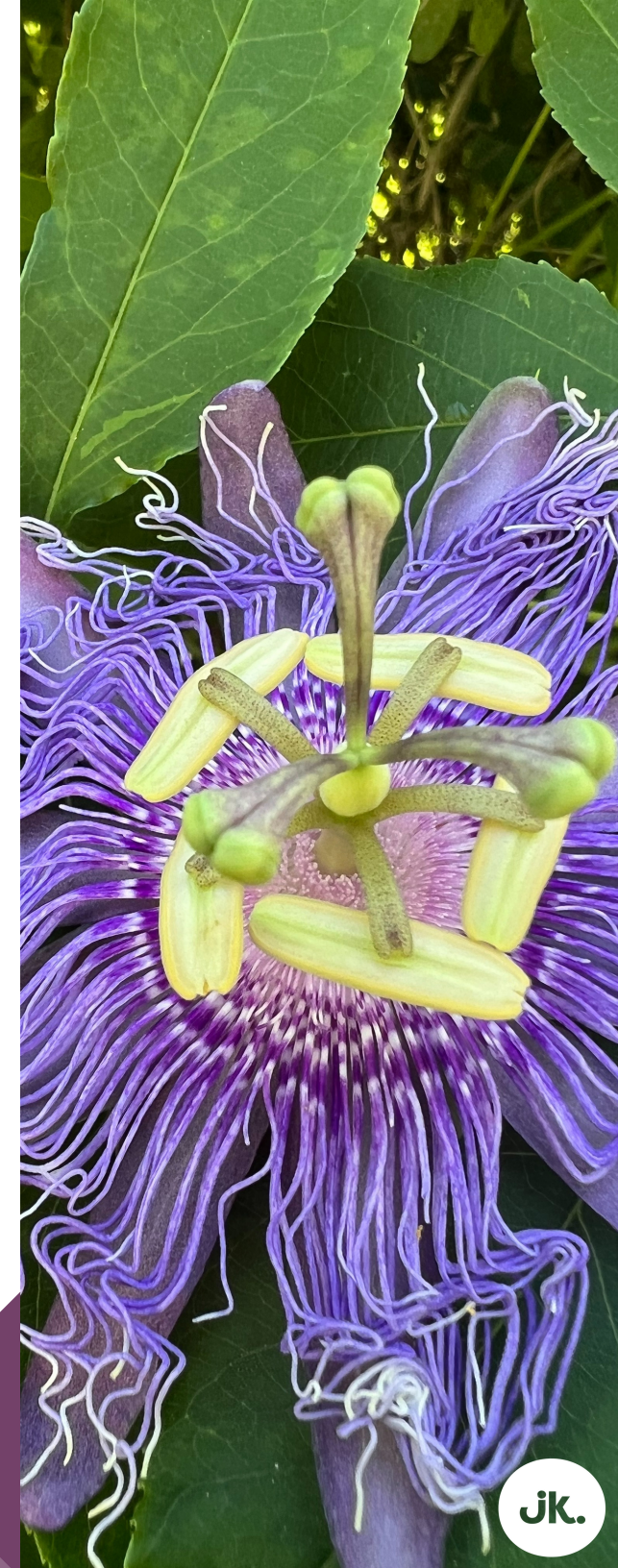
AUGUST 2023

MINDSET FOCUS:

Take bold action on what you learned in spring.

You've got this. Go Big!

SUN	MON	TUE	WED	THU	FRI	SAT
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SEPTEMBER 2023

MINDSET FOCUS:

What is uniquely YOU? Amplify your uniqueness.

Wear it as a badge of honor.

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17	18	19	20	21	22	23
24	25	26	27	28	29	30



OCTOBER 2023

MINDSET FOCUS:

Soften into fall. Prepare yourself for the coming darkness and inner work. Elevate the softer side of you. Wrap the world in your blanket by practicing kindness.

SUN	MON	TUE	WED	THU	FRI	SAT
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NOVEMBER 2023

MINDSET FOCUS:

What are you most proud of? What was your greatest learning? Deep down, what are you most grateful for in your personal growth?

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12	13	14	15	16	17	18
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DECEMBER 2023

MINDSET FOCUS:

Wrap yourself in the holiday lights. Allow the light to power your momentum. Don't coast into December 31, crash into it with all your unique, bold, curious, calm and gracious self.

SUN	MON	TUE	WED	THU	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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2023 12 MONTH CALENDAR

I love the seasons.

The world looks different each season, my fashion and gear changes, the smells, spices and food changes.

Seasons help keep me on track, moving forward, changing and adapting.

I enjoy looking back at the various seasons of my life to garner new perspectives and reflect on how the experiences have prepared me for the future.

I get excited and a little scared as I imagine upcoming seasons and the new looks and goals I want to manifest.

Whether you feel stuck in a rut or you're powering forward into a new goal, visualize the season around what you are doing.

What are the sights, smells, sounds, colors, and textures associated with this season in your life?

Whether those elements are changing or in full essence, allow them to fully surround you. Breathe deeply. Take a moment. Enjoy each season and look forward to the next season.

