

Hello, July!

I'm hanging out in our Re-Entry Relaunchers Unite! Facebook community these days, so come join us there for support and inspiration!

<https://www.facebook.com/groups/smallplanetstudio/>

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad. This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, you can print out this page, cut out the list of prompts to the right, and tape the list to a page in your journal. Or print the list on a page of clear or white labels (use the label download), and stick one label on each page of your journal.
- There are unlimited ways to respond to the daily prompts! Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.

[Small Planet Studio](#) is a personal and professional development company that provides services for global adventurers who have been changed by living and traveling abroad and don't want to readjust to the status quo of the home they left behind. Our goal is to help global adventurers create *global lives* so they can flourish at home and abroad. The key to that is understanding how to find your global life ingredients and use them to create a meaningful, satisfying, and sustainable global life that's just right for you.

Cut on the dotted line →

#GlobalYou365 // July

1. Favorite memories from June
2. What I'm grateful for today
3. What I did yesterday
4. Favorite international summer dessert
5. Pool, lake or ocean?
6. Official or unofficial mentors
7. Today I...
8. Grad school: yes or no?
9. Someone I miss talking to
10. Favorite summer activity
11. Fly or drive?
12. Someone who has made an impact on my life
13. Yesterday I...
14. Favorite sound
15. What I can see from my window
16. Favorite summer travel memory
17. A moment I wish I could relive
18. I wish I could...
19. Things I've lost while traveling
20. My favorite "home" abroad
21. Rent or own (house/condo)?
22. Something that really matters to me
23. Favorite summer drink
24. Someone I wish I could talk with
25. Best thing I've eaten this week
26. What's in my purse/day bag
27. If money were no object, I'd...
28. What I think about on a Sunday night
29. What I currently miss about being abroad
30. A song that inspires me
31. Tomorrow I...

#GlobalYou365

www.SmallPlanetStudio.com