

July's Community Challenge: **Real-Life Level Up: Achieve Your IRL Superpowers**



July 14 – 20, 2025



HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ Review the notification settings to ensure you receive reminders to help stay on track with this challenge


Resilience isn't something you're born with, it's something you build. 💪

This 7-day challenge helps you strengthen your ability to adapt, recover, and thrive in the face of life's challenges.

Each session offers guided reflection and practical techniques to reframe setbacks, manage stress, embrace flexibility, and step into courage.



PRIZES

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a  **\$25 gift card!**

SCAN ME



TO JOIN CHALLENGE

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: July 2025's Community Events

Monthly Theme: **Build Resilience and Bounce Back Stronger**

Join our coaches in group coaching sessions, featuring meditations, yoga, stretch, let's talk sessions, and workshops.



Featured Workshops & Meditations



Meditation: Embracing Change with an Open Mind

12:30 pm ET - Coach Jordan Benn

[Register Here](#)



Yoga: Breathe, Stretch, and Bounce Back

11:00 am ET - Coach Wenlin Tan

[Register Here](#)



Meditation: Finding Inner Peace in Difficult Times

5:30 pm ET - Coach Scott Townsend

[Register Here](#)



Workshop: Finding Your Voice in Difficult Conversations

3:30 pm ET - Coach Francisco Pucciarello

[Register Here](#)



Let's Talk: Staying Focused Under Pressure

4:00 pm ET - Coach Elizabeth Markie

[Register Here](#)



Workshop: Bouncing Back from Financial Setbacks

12:30 pm ET - Coach Holly Morpew

[Register Here](#)



Meditation: Cultivating the Courage to Keep Going

4:00 pm ET - Coach Nate Macanian

[Register Here](#)



Stretch: Unlock Stiffness and Feel Your Best

12:30 pm ET - Coach Arnes Kevric

[Register Here](#)

Celebrating **International Day of Friendship**



Meditation: Cherishing the People Who Lift You Up

8:00 am ET - Coach Corene Summers

[Register Here](#)



Workshop: The Role of Empathy and Kindness in Strong Friendships

12:30 pm ET - Coach Lily Lomeli

[Register Here](#)

