



ACTION CALENDAR: JOYFUL JUNE 2018



SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Enjoy the little things in life, for one day you'll look back and realize they were big things" ~ Robert Brault

3 Thank someone for the joy they have brought into your life

4 Reframe a worry and try to find a positive way to respond

5 Do something today which you know will make you feel happier

6 Ask someone what brings them joy and listen to their answer

7 Make a plan with friends to do something fun together

1 Decide to be thankful for the good things every day this month

2 Do three things to bring joy to other people today

10 Write a letter of gratitude to thank someone for what they did

11 Try to say something positive every time you walk into a room

12 Spread joy. Give flowers or help to brighten someone's day

13 See the upside in a difficult situation that has helped you grow

14 Bring to mind three things you're grateful for and write them down

8 Find the joy in music today: sing, play, dance or listen

9 Get out into green space and feel the joy that nature offers

15 Cook your favourite food and enjoy it (with others if possible)

16 Rediscover a fun childhood activity that you can enjoy today

17 Go outside and find the joy in doing something active

18 Send a positive note to a friend who needs encouragement

19 Look for something to be thankful for where you least expect it

20 Do something deliberately playful today, just for the fun of it

21 Make a list of your favourite memories from childhood

22 Watch something funny and enjoy how it feels to laugh

23 Share a happy memory with someone who means a lot to you

24 Create a playlist of favourite songs and enjoy them

25 Eat food that makes you feel good and really savour it

26 Take a light-hearted approach. Choose to see the funny side

27 Be kind to you. Treat yourself the way you would treat a friend

28 Notice how positive emotions are contagious between people

29 Make a list of the joys in your life (and keep adding to them)

30 Remember joy is portable - so you can always take it with you!

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