# Action Calendar – Joyful June 2025

## Joyful June - Day 1 Sunday

Decide to look for what’s good every day this month

## Joyful June - Day 2 Monday

Say positive things in your conversations with others

## Joyful June - Day 3 Tuesday

Re-frame a worry and try to find a helpful way to think about it

## Joyful June - Day 4 Wednesday

Take a photo of something that brings you joy and share it

## Joyful June - Day 5 Thursday

Think of 3 things you're grateful for and write them down

## Joyful June - Day 6 Friday

Get out into green space and feel the joy that nature brings

## Joyful June - Day 7 Saturday

Do something healthy which makes you feel good

## Joyful June - Day 8 Sunday

Find joy in music: sing, play, dance, listen or share

## Joyful June - Day 9 Monday

Ask a friend what made them happy recently

## Joyful June - Day 10 Tuesday

Bring joy to others by doing something kind for them

## Joyful June - Day 11 Wednesday

Eat good food that makes you happy and really savour it

## Joyful June - Day 12 Thursday

Write a gratitude letter to thank someone

## Joyful June - Day 13 Friday

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

## Joyful June - Day 14 Saturday

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

## Joyful June - Day 15 Sunday

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

## Joyful June - Day 16 Monday

Speak to others in a warm and friendly way

## Joyful June - Day 17 Tuesday

Take time to notice things that you find beautiful

## Joyful June - Day 18 Wednesday

Look for something good in a difficult situation

## Joyful June - Day 19 Thursday

Get outside and find the joy in being active

## Joyful June - Day 20 Friday

Rediscover and enjoy a fun childhood activity

## Joyful June - Day 21 Saturday

Send a positive note to a friend who needs encouragement

## Joyful June - Day 22 Sunday

Watch something funny and enjoy how it feels to laugh

## Joyful June - Day 23 Monday

Create a playlist of uplifting songs to listen to

## Joyful June - Day 24 Tuesday

Bring to mind a favourite memory you feel grateful for

## Joyful June - Day 25 Wednesday

Show your appreciation to people who are helping others

## Joyful June - Day 26 Thursday

Make time to do something playful, just for the fun of it

## Joyful June - Day 27 Friday

Be kind to you. Do something that brings you joy

## Joyful June - Day 28 Saturday

Notice how positive emotions are contagious between people

## Joyful June - Day 29 Sunday

Share a friendly smile with people you see today

## Joyful June - Day 30 Monday

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