

Joyful June 2024

MONDAY



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

10 Bring joy to others by doing something kind for them

17 Take time to notice things that you find beautiful

24 Bring to mind a favourite memory you feel grateful for

TUESDAY



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

11 Eat good food that makes you happy and really savour it

18 Look for something good in a difficult situation

25 Show your appreciation to people who are helping others

WEDNESDAY



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

12 Write a gratitude letter to thank someone

19 Get outside and find the joy in being active

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

THURSDAY



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

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

20 Rediscover and enjoy a fun childhood activity

27 Be kind to you. Do something that brings you joy

FRIDAY



7 Do something healthy which makes you feel good

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

21 Send a positive note to a friend who needs encouragement

28 Notice how positive emotions are contagious between people

SATURDAY

1 Decide to look for what's good every day this month

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

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

22 Watch something funny and enjoy how it feels to laugh

29 Share a friendly smile with people you see today

SUNDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

16 Speak to others in a warm and friendly way

23 Create a playlist of uplifting songs to listen to

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



ACTION FOR HAPPINESS

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