# Action Calendar – Joyful June 2024

## Joyful June - Day 1 Saturday

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

## Joyful June - Day 2 Sunday

Say positive things in your conversations with others

## Joyful June - Day 3 Monday

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

## Joyful June - Day 4 Tuesday

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

## Joyful June - Day 5 Wednesday

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

## Joyful June - Day 6 Thursday

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

## Joyful June - Day 7 Friday

Do something healthy which makes you feel good

## Joyful June - Day 8 Saturday

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

## Joyful June - Day 9 Sunday

Ask a friend what made them happy recently

## Joyful June - Day 10 Monday

Bring joy to others by doing something kind for them

## Joyful June - Day 11 Tuesday

Eat good food that makes you happy and really savour it

## Joyful June - Day 12 Wednesday

Write a gratitude letter to thank someone

## Joyful June - Day 13 Thursday

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

## Joyful June - Day 14 Friday

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

## Joyful June - Day 15 Saturday

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

## Joyful June - Day 16 Sunday

Speak to others in a warm and friendly way

## Joyful June - Day 17 Monday

Take time to notice things that you find beautiful

## Joyful June - Day 18 Tuesday

Look for something good in a difficult situation

## Joyful June - Day 19 Wednesday

Get outside and find the joy in being active

## Joyful June - Day 20 Thursday

Rediscover and enjoy a fun childhood activity

## Joyful June - Day 21 Friday

Send a positive note to a friend who needs encouragement

## Joyful June - Day 22 Saturday

Watch something funny and enjoy how it feels to laugh

## Joyful June - Day 23 Sunday

Create a playlist of uplifting songs to listen to

## Joyful June - Day 24 Monday

Bring to mind a favourite memory you feel grateful for

## Joyful June - Day 25 Tuesday

Show your appreciation to people who are helping others

## Joyful June - Day 26 Wednesday

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

## Joyful June - Day 27 Thursday

Be kind to you. Do something that brings you joy

## Joyful June - Day 28 Friday

Notice how positive emotions are contagious between people

## Joyful June - Day 29 Saturday

Share a friendly smile with people you see today

## Joyful June - Day 30 Sunday

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