# Action Calendar – Joyful June 2023

## Joyful June - Day 1 Thursday

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

## Joyful June - Day 2 Friday

Say positive things in your conversations with others

## Joyful June - Day 3 Saturday

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

## Joyful June - Day 4 Sunday

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

## Joyful June - Day 5 Monday

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

## Joyful June - Day 6 Tuesday

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

## Joyful June - Day 7 Wednesday

Do something healthy which makes you feel good

## Joyful June - Day 8 Thursday

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

## Joyful June - Day 9 Friday

Ask a friend what made them happy recently

## Joyful June - Day 10 Saturday

Bring joy to others by doing something kind for them

## Joyful June - Day 11 Sunday

Eat good food that makes you happy and really savour it

## Joyful June - Day 12 Monday

Write a gratitude letter to thank someone

## Joyful June - Day 13 Tuesday

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

## Joyful June - Day 14 Wednesday

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

## Joyful June - Day 15 Thursday

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

## Joyful June - Day 16 Friday

Speak to others in a warm and friendly way

## Joyful June - Day 17 Saturday

Take time to notice things that you find beautiful

## Joyful June - Day 18 Sunday

Look for something good in a difficult situation

## Joyful June - Day 19 Monday

Get outside and find the joy in being active

## Joyful June - Day 20 Tuesday

Rediscover and enjoy a fun childhood activity

## Joyful June - Day 21 Wednesday

Send a positive note to a friend who needs encouragement

## Joyful June - Day 22 Thursday

Watch something funny and enjoy how it feels to laugh

## Joyful June - Day 23 Friday

Create a playlist of uplifting songs to listen to

## Joyful June - Day 24 Saturday

Bring to mind a favourite memory you feel grateful for

## Joyful June - Day 25 Sunday

Show your appreciation to people who are helping others

## Joyful June - Day 26 Monday

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

## Joyful June - Day 27 Tuesday

Be kind to you. Do something that brings you joy

## Joyful June - Day 28 Wednesday

Notice how positive emotions are contagious between people

## Joyful June - Day 29 Thursday

Share a friendly smile with people you see today

## Joyful June - Day 30 Friday

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