Joyful June 2021

1. Decide to look for what’s good every day this month
2. Say positive things in your conversations with others
3. Re-frame a worry and try to find a helpful way to think about it
4. Take a photo of something that brings you joy and share it
5. Think of 3 things you’re grateful for and write them down
6. Get out into green space and feel the joy that nature brings

7. Do something healthy which makes you feel good
8. Find joy in music: sing, play, dance, listen or share
9. Ask a friend what made them happy recently
10. Bring joy to others by doing something kind for them
11. Eat good food that makes you happy and really savour it
12. Write a gratitude letter to thank someone
13. Take a light-hearted approach. Choose to see the funny side

14. Share a happy memory with someone who means a lot to you
15. Look for something to be thankful for where you least expect it
16. Speak to others in a warm and friendly way
17. Take time to notice things that you find beautiful
18. Look for something good in a difficult situation
19. Get outside and find the joy in being active
20. Rediscover and enjoy a fun childhood activity

21. Send a positive note to a friend who needs encouragement
22. Watch something funny and enjoy how it feels to laugh
23. Create a playlist of uplifting songs to listen to
24. Bring to mind a favourite memory you feel grateful for
25. Show your appreciation to people who are helping others
26. Make time to do something playful, just for the fun of it
27. Be kind to you. Do something that brings you joy

28. Notice how positive emotions are contagious between people
29. Share a friendly smile with people you see today
30. Make a list of the joys in your life (and keep adding to it)