### ACTION CALENDAR: JOYFUL JUNE 2019

#### MONDAY
3 Re-frame a worry and try to find a positive way to respond

#### TUESDAY
4 Thank someone for the joy they have brought into your life

#### WEDNESDAY
5 Do something today which you know will make you feel good

#### THURSDAY
6 Ask someone what brings them joy and listen to their answer

#### FRIDAY
7 Make a plan with friends to do something fun together

#### SATURDAY
1  Decide to look for what’s good every day this month
2  Do three things to bring joy to other people today
8  Find the joy in music today: sing, play, dance or listen
9  Get out into green space and feel the joy that nature offers

#### SUNDAY
10 Write a gratitude letter to thank someone for what they did
11 Try to say something positive every time you walk into a room
12 Spread joy. Give flowers or help to brighten someone’s day
13 See the upside in a difficult situation you learnt from
14 Cook your favourite food and enjoy it (with others if possible)
15 Go outside and find the joy in doing something active
16 Rediscover a fun childhood activity that you can enjoy today
17 Think of 3 things you’re grateful for and write them down
18 Make time to do something playful today, just for the fun of it
19 Look for something to be thankful for where you least expect it
20 Make a list of favourite memories you feel grateful for
21 Send a positive note to a friend who needs encouragement
22 Watch something funny and enjoy how it feels to laugh
23 Share a happy memory with someone who means a lot to you
24 Create a playlist of favourite songs and enjoy them
25 Eat food that makes you feel good and really savour it
26 Take a light-hearted approach. Choose to see the funny side
27 Be kind to you. Treat yourself the way you would treat a friend
28 Notice how positive emotions are contagious between people
29 Make a list of the joys in your life (and keep adding to them)
30 Remember: joy is portable - so you can always take it with you!

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**ACTION FOR HAPPINESS**

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)