

This month's theme is Joyful June - daily actions to help you appreciate the little things that make life big! You can boost your mental and physical health this month by building your routine around these actionable ideas grouped by theme:

### **Connect with Nature**

- **Take phone-free walks:** Spend 10 minutes outside focusing entirely on the sights and sounds around you.
- **Watch a sunrise:** Grab a warm drink and sit quietly outside to watch the day begin.
- **Bring nature indoors:** Pick fresh wildflowers or purchase a seasonal bouquet for your living space.
- **Savour green spaces:** Visit a local park and actively notice three distinct things you find beautiful.

### **Cultivate Meaningful Connections**

- **Share a happy memory:** Text or call a loved one to reminisce about a funny or meaningful past event.
- **Write a gratitude letter:** Send a physical note or message thanking someone for their presence in your life.
- **Host an outdoor picnic:** Gather friends or family and have everyone bring a simple, homemade snack.
- **Ask joyful questions:** In conversations, ask a friend or colleague, "What made you smile recently?"

### **Rediscover Playfulness**

- **Build an uplifting playlist:** Curate a list of high-energy, nostalgic songs and have a mini solo dance party.
- **Do a childhood activity:** Spend an afternoon doing something you loved as a kid, like blowing bubbles or riding a bike.
- **Watch a comedy:** Intentionally dedicate an evening to a funny show or stand-up special just to enjoy laughing.
- **Embrace messy creativity:** Try a new craft, sketch, or doodle without worrying about making it look perfect.

## Practice Mindful Presence

- **Keep a "Joy List":** Write down three things you are grateful for daily, and keep updating the list all month.
- **Savour your meals:** Eat fresh summer food or a favourite treat slowly, paying attention to the textures and flavours.
- **Reframe a worry:** Take a current stressor and try to find one helpful or silver-lining perspective on it.
- **Fresh air resets:** Open all the windows in your home wide to let the breeze completely freshen up your space.

Below is a custom 7-day Joyful June calendar designed to give you a balanced mix of nature, connection, play, and mindfulness. Each daily activity is short, actionable, and easy to fit into a busy schedule.

## Your 7-Day Joyful June Calendar


### JOYFUL JUNE WEEK 1

DAY 1 |  Phone-Free Morning Walk

Monday | Leave your phone behind for a 10-minute stroll. Focus entirely on the fresh air.

DAY 2 |  Send a Joyful Text

Tuesday | Message a friend a funny, happy memory you share. Reconnect with a laugh.

DAY 3 |  Create a "Joy Snack" Playlist


Wednesday | Add 5 nostalgic, high-energy songs.

Have a 3-minute solo dance break.

DAY 4 |  Reframe a Current Worry

Thursday | Write down one thing stressing you out.

Find one silver lining or helpful angle.

DAY 5 |  Savour a Summer Treat

Friday | Eat a favourite snack completely slowly.

Notice every single texture and flavour.

DAY 6 | 🎨 Try "Messy" Creativity

Saturday | Spend 15 minutes doodling or sketching.

Zero judgment on how the result looks.

DAY 7 | 🏠 Fresh Air House Reset

Sunday | Open all your windows wide for 30 minutes.

Let the summer breeze clear the energy. 💡 **Tips to Stay Accountable**

- **Set a morning reminder:** Add these as small calendar events on your phone to remind you to take a "joy snack" break.
- **Keep a joy journal:** At the end of each day, write down 1–2 words describing how the activity made you feel.

[The power of positive emotions. Joyful June with Vanessa King.](#)

**Joyful June 2026**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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)					

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**