

30 Joyful Moments for June

A gentle invitation to savour the season

Go barefoot on the grass, sand, or soil	Look up and find shapes in the clouds	Pour a cold drink with lemon or mint and sip it slowly.	Sit in a sunny spot with a book or magazine	Dance in your kitchen to a song that makes you smile.	Pick or buy fresh flowers	Open a window wide and take five deep, grounding breaths.
Watch birds, bees, or butterflies pass by.	Eat lunch outdoors	Write down five things that make it feel like summer to you.	Go paddling	Light a candle or incense and sit quietly beside it.	Make a fruit salad and eat it slowly	Take a sunset stroll
Listen to trees or tall grass rustling in the breeze.	Turn your face to the sun	Visit a local park or garden	Read a summer-themed poem aloud	Watch how light or shadows move across the floor or walls.	Pick one thing to say no to today .	Take a short screen break
Make a little corner of your home beautiful	Send a postcard or note to someone who'd love a surprise.	Choose a summer fruit and eat it slowly	Lie back and stretch out fully	Trace the flight of a bird or plane across the sky.	Notice three colours around you that bring you joy.	Dip your hands in cool water
Write a list of small things you're looking forward to.	Thank yourself for showing up, however you could.					

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY





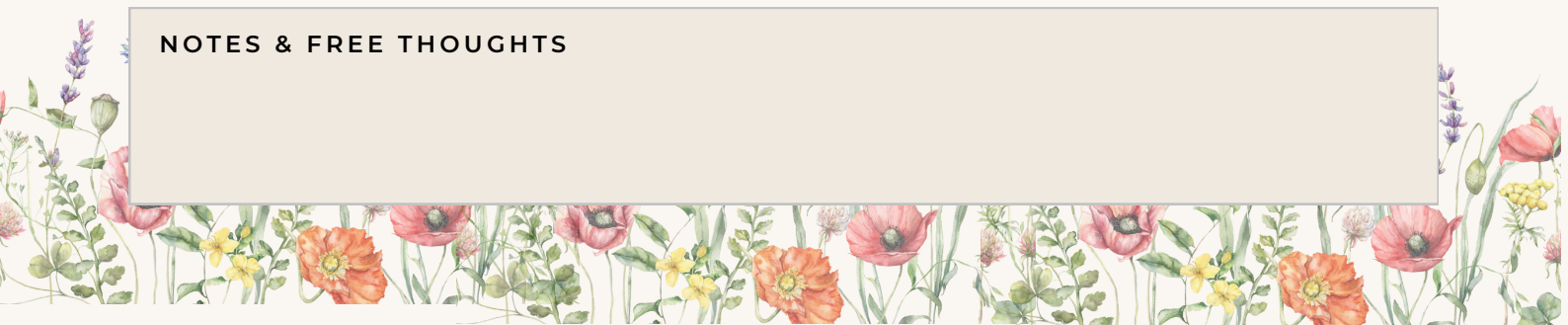


SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

Daily Affirmation

NOTES & FREE THOUGHTS



DAILY REFLECTION JOURNAL

Date ____ / ____ / ____

MOOD TRACKER

Choose a face



Add a description _____

Gratitude List

Highlights of the day

01	
02	
03	
04	
05	
06	
07	

What I learned today

Goals for tomorrow

Daily Reflection

Today I am grateful for these three things...

- 1.
- 2.
- 3.

Date:

Water:

Exercise:

Today, this good thing happened to me and I appreciate it because:

Today, this not so good thing happened to me and this is how I handled it:

Today, this thing made me happy:

Today, I discovered this about myself:





