



JOYFUL *June*

JOURNALING & REFLECTIONS

June invites us to slow down and savour the simple pleasures of summer. Take time to reflect on what brings you joy, what you're grateful for, and how you want to make the most of these sunny days.



What are you most looking forward to this June?



What simple pleasures of summer make you the happiest?



How do you plan to spend more time outdoors this month?



What memories are you hoping to create in June?



What brings you energy and makes you feel alive right now?



How can you bring more joy, laughter and fun into your days?



What are you grateful for as summer unfolds?



What would you love to let go of to feel lighter this month?



What goals or dreams would you like to focus on this month?



What intention would you like to carry with you throughout June?



A NOTE TO YOUR FUTURE SELF



May your June be filled with sunshine, sweet moments and the simple things that make your heart happy.

