

June 2020

Savor Lifes Joys



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Sit outside, close your eyes, take a deep breath and take in all that fresh Oregon air.	2 Indulge in a delicious piece of chocolate (or a fresh colorful smoothie).	3 Spend time with someone who makes you laugh.	4 Venture outside for a 5 minute walk.	5 Smile! It's Friday!	6 Pick fresh flowers and place them somewhere you can enjoy them.
7 Watch a movie that makes you laugh.	8 Discover an uplifting and fun song - something new.	9 Do a good deed - help someone else find joy today.	10 Write down 3 things that you are grateful for.	11 Watch the sunset from a beautiful location.	12 Begin a fun DIY project.	13 Bake a favorite treat and surprise someone special with yummy treats.
14 Slow down and enjoy a nice long brunch.	15 Declare a vacation day. Write it BIG on your calendar so you get to anticipate the upcoming personal time.	16 Draw or color just for fun.	17 Bite into a piece of fresh fruit.	18 Wear a color that makes you feel confident and joyful.	19 Start a book that you have been meaning to read.	20 Call a supportive friend - or reconnect with someone you haven't spoken to in a while.
21 Frame a photo of a favorite memory.	22 Try a new recipe.	23 Surround yourself with the color blue. Being in the presence of the color can boost confidence and reduce stress.	24 Soak up the sun.	25 Practice Positive Affirmations: "I can, I will, I am successful."	26 Savor good old memories. Look at old photos with a friend or family.	27 Redesign (use what you already own to redesign your space) an area or office in your home.
28 Take a short, relaxing nap. Wake up rejuvenated.	29 Create a list of 10 things that make you happy - your own personal "joy list."	30 Dance like no one is watching!	1	2	3	4
5	6	Notes				