

# 2022 JUNE

*"My humanity is bound up in yours, for we can only be human together."  
- Desmond Tutu, Human Rights Activist and Theologian*

## THE POSITIVITY PROJECT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03	04
			Take a brisk walk or run in celebration of Global Running Day.	Make a work playlist to boost your mood and productivity.	Log off all electronics by 6PM.	Work outdoors or in the yard.
05	06	07	08	09	10	11
Start tracking water intake.	<a href="#">Learn about the Eisenhower Matrix</a>	Say an affirmation out loud.	Listen to a podcast.	Say "no" to something.	Stretch for five minutes.	Build a blanket fort.
12	13	14	15	16	17	18
Sit in silence for five minutes.	Complete this sentence, "This week I want to feel..."	Practice deep breathing when you feel yourself getting anxious.	Take time to feel and name your negative emotions.	Write down three affirmations.	Pay someone a compliment.	Track your sleep.
19	20	21	22	23	24	25
Participate/attend a Juneteenth event in your area.	Replace your self-critical voice with an inner cheerleader.	When you want to relax, turn on a soothing song.	Go out of your way to give someone a hug.	Pursue goals that give you a sense of meaning and make a difference.	Step up as a leader to change the way things are done.	When communicating by text, assume people have good intentions.
26	27	28	29	30	01	02
Do something to support your community.	Spend one hour networking with peers and colleagues.	Brain dump the things you would like to do/complete before the end of the year.	Ask a friend what made them happy today.	Do something healthy which makes you feel good.		
03	04	05	06	07	08	09
	<i>"Just don't give up what you're trying to do. Where there is love and inspiration, I don't think you can go wrong." - Ella Fitzgerald, Musician</i>					