


JOYFUL JUNE

This June, focus on the joy in your life and the joy found in the world. Like kindness, joy can spread quickly, and is best when shared with others. Challenge yourself to a Joyful June with these weekly challenges.

Challenge 1: Surprise someone with a kind gesture (donuts?).

WEEK 1	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5  Happy National Donut Day!	6 <input type="checkbox"/>
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Challenge 2: Write and snail mail 3 notes to people who are important to you.

WEEK 2	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>
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Challenge 3: Create a list of anything that brings you joy, and put it on your refrigerator.

WEEK 3	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>
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Challenge 4: Find joy in the great outdoors by exploring parks, trails, or your neighborhood.

WEEK 4	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>
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