

2024 June

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Start a new goal for the month of June.
2 	5 Movement Monday Go for a long walk outside. Soak up the sunshine	4 Unplug from Technology  Enjoy nature!	5 Call an old friend to say, "hello!"	6 Take a walk on the lake front to observe the water.	7 	8 It's a great day to clean your home. Work together as a team!
9 Be creative! Use your imagination!	10 	11 Read a book for 20 minutes	12 Go offline for a day! Enjoy the peace & quiet.	15 Write things that you are grateful for.	14 Be Active! Stretch Workout Feel amazing!	15 Call someone you love
16 Declutter your area	17 Go to bed an hour early. Feel rejuvenated	18 Share 3 uplifting messages with others	19 List things you are proud of yourself for.	20 	21 Strawberry Moon Go for an evening stroll to see the moon.	22 Help prepare a healthy breakfast for your family
25 Drink extra water to stay hydrated	24 	25 List the goals you've achieved this year	26 Set a timer for 3 minutes. Sit and breathe	27 Play your favorite music while working out	28 Be tech free for 45 minutes before bed.	29 Stretch first thing in the morning
30 Get some fresh air first thing in the morning. Reflect on your June goals.						