

JOY IN JUNE 2022

Joy Every Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 A family member who brings me joy	2 A color that brings me joy	3 Something in nature that brings me joy	4 A song that brings me joy	5 A taste that brings me joy
6 A stranger who brings me joy	7 A flower that brings me joy	8 An animal who brings me joy	9 A memory that brings me joy	10 A hope that brings me joy	11 A time of day that brings me joy	12 A piece of clothing that brings me joy
13 A book that brings me joy	14 An achievement that brings me joy	15 A personal quality that brings me joy	16 A hobby that brings me joy	17 Something from last year that brought me joy	18 A game that brings me joy	19 A tree that brings me joy
20 A place that brings me joy	21 A sound or sight that brings me joy	22 A dream that brings me joy	23 A body of water that brings me joy	24 A possession that brings me joy	25 The type of weather that brings me joy	26 Something from yesterday that brings me joy
27 Something from a long time ago that brings me joy	28 A friend who brings me joy	29 A number that brings me joy	30 A word that brings me joy			

Take a moment to reflect on joy every day in June and notice how you are more in tune with joy by the end of the month.

Here are some of the ways you can use the prompts:

1. Think about them
2. Write them down
3. Talk about them with a friend or family member
4. Use them as a prompt for journaling or art
5. Post about them on social media with the hashtag #joyfuljune

"When joy is a habit, love is a reflex." Bob Goff

