

JUNE 2023



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Think of someone you are grateful for and tell them.	2 Get outside and try to find something you have never noticed in a place you see everyday.	3 Compliment someone you see today.
4 Do something kind for yourself.	5 Blow bubbles and watch them float.	6 Do a kind act for a neighbor or friend.	7 Go to bed at a good time and prioritize getting a full night of rest.	8 Hug a loved one.	9 Plan something fun and invite someone else.	10 Challenge your negative thoughts and look for the positive.
11 Make a list of 3 things to look forward to this upcoming week.	12 Listen to classical music for 10 minutes and see how you feel afterwards.	13 Connect with someone near you and share a smile.	14 Eat healthy food today and focus on nourishing your body.	15 Send a thank you card to someone who has impacted your life.	16 Sit in nature and notice the sounds around you.	17 Write about why Inner Explorer helps you settle and see if you learn something new.
18 Be present for a conversation with a friend.	19 Hold the door open for someone today.	20 Talk to a neighbor today.	21 Check in on someone who may be struggling.	22 Share something you find inspiring with a family member.	23 Color a picture with crayons.	24 Let someone know you are thinking about them.
25 Tell someone close to you why you love them.	26 Try a new Inner Explorer Transition Practice that you have never heard before.	27 Try a new fruit or vegetable and see if you like it.	28 Make a list of 5 good qualities you like about yourself and hang it where you will see it every day.	29	30	