



JUNE 2022 WELLNESS



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Write down your goals	2 Wake up 30 minutes earlier	3 Spend 20 minutes outside	4 Drink enough water
5 Hang out with your friends	6 De-clutter your house	7 Spend time alone	8 Eat healthy for the day	9 Take a social media detox	10 Spend 15 minutes meditating	11 No TV night
12 De-compress	13 Work out for 30 minutes	14 Go out of your comfort zone	15 Give to someone in need	16 Listen to mental health podcasts	17 Cook your favorite meal	18 Don't complain for 24 hours
19 Random act of kindness	20 Do something that excites you	21 Write a card to someone in the nursing home	22 Enjoy listening to your favorite music/podcasts	23 Do something you love today	24 Get plenty of sleep	25 Be mindful
26 Go with the flow & be more patient today	27 Challenge yourself to something new	28 Explore something new today	29 Show compassion	30 Give thanks for each day		