


June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	3	4	5	6	7 National Doughnut Day Treat yourself to your favorite doughnut/donut treat!	8 National Best Friends Day Call, text, or get together with your besties. It's good for the soul!
9 It's beautiful! Find and explore a new trail, or an old fave. Just get out and enjoy nature!	10	11	12 What is something you can do today, just because you want to?	13	14	15 Reminder that tomorrow you spring forward, you may want to go to bed a bit earlier tonight.
16 Father's Day Show the Dad's in your life a whole lot of love today!	17	18	19	20 First Day of Summer How will you ring in the new season? Pool, bonfire, popsicles?	21 International Yoga Day & National Selfie Day Take a selfie while doing yoga!	22
23	24 It's a Monday... in the SUMMER! Soak it in!	25	26	27 National Sunglasses Day 	28	29 What's summer without a little baseball? Find a local baseball game and take it in!
30	End of month check in and review! What was good, what needs editing, and how did you feel this month?		We're also midway through 2024. Take time to reflect on the last 6 months, be proud. And also plan for the next 6 months.			

