

# 2026 June

## JOY IS BUSTING OUT ALL OVER!

Make this a crazy "Fun" summer!

**1 Do a 5-Minute Joy Reset!**  
A little joy. A lot of magic.  
(download at the link below!)

**2 Lounge around a pool today!**  


**3 Eat a real popsicle or freeze pop!**  


**4 Play hide and seek with adults!**  


**5 Go on a picnic!**  


**6 Roll on the floor with your pup! or kitty!**  


**7 Wade in a stream or local watering hole!**  


**8 Make a Fort in Your Home & Camp Out!**  


**9 Do a 5-Minute Joy Reset!**  
A little joy. A lot of magic.  
(download at the link below!)

**10 Buy Some Cool Shades!**  


**11 Blow some bubbles!**  


**12 Go on a girls-only weekend!**  


**13 Dance!**  
(download playlist at the link below!)

**14 It's the new moon in Gemini. Say "yes" to spontaneous plans, and articulate what you want to manifest.**  


**15 Buy a hula hoop and shake that "thang!"**  


**16 Throw a Frisbee!**  

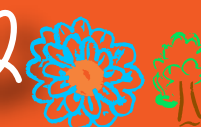

**17 Hang a hummingbird feeder!**  


**18 Do a 5-Minute Joy Reset!**  
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(download at the link below!)


**19 Run through a sprinkler!**  


**20 Play Tag!**  
"You're it!"

**21 Jump Rope!**  


**22 Do some sidewalk art with chalk! Maybe write motivational quotes downtown!**  


**23 Go forest bathing!**  


**24 Have an adult slumber party!**  


**25 Today is the New Moon! Do a fun happy dance!**  


**26 Do a 3-Day Self-Love Reset!**  
(download at the link below!)

**27 Build a sandcastle!**  


**28 Catch some fire flies!**  


**29 Today is the Strawberry Full Moon! Eat some juicy strawberries!**  


**30 Go Kayaking!**  


## PAUSE, PLAY, AND SOAK UP SOME JOY!

Savor the sunshine. Savor fun and play. Savor YOU!

