








JUNE 2022



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
29	Memorial Day 30	31 	1 Say Something Nice Day Take fresh-baked goods to a police, or fire station with a note of thanks for their service.	2 Cook a meal or do a load of laundry for a friend who has just had a baby.	3  Invite a small group of friends out for a fun night of bowling.	4 Have each guest at the dinner table say aloud one thing they are grateful for.																																																																																																		
5 World Environment Day Participate in the cleanup of a local river, pond, or lake.	6 Donate a vacation or sick day to a colleague who's struggling with an illness or caring for a sick loved one.	7 Set up a free flower stand in your neighborhood.	8 Best Friend Day Send your best friend a framed picture of a special moment between you both.	9  Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES!"	10 FREE DAY! How can you build a new relationship?	11  Offer a glass of iced tea to a neighbor doing yard work.																																																																																																		
12  Find time to read an inspiring book.	13 Be mindful of the energy you bring to your workplace.	14 World Blood Donor Day Register to become a donor this year.	15 Nature Photography Day Spend time in nature and take pictures.	16 Attend a caring support group or make new friends by attending a local event at meetup.com.	17 Let someone else take an available parking spot.	18 International Picnic Day Plan a picnic with your family or friends.																																																																																																		
19 Juneteenth / Father's Day Treat your father figure to dinner at his favorite restaurant.	20 Acknowledge all of your co-workers with a big smile and warm greeting.	21 Write a letter to yourself at futureme.org about your positive attributes to read at a later date.	22 Put aside your own viewpoint and try to view things from the other person's perspective.	23 Leave a basket of food for a family who is struggling financially.	24 Make dinner for a neighbor who has just had a baby or surgery.	25  Go stargazing in the evening.																																																																																																		
26  Mow your neighbor's lawn, rake their leaves, or sweep their sidewalk as a surprise.	27 Be courteous and offer your seat to another on the train or bus.	28 Donate 'like new' stuffed animals and toys to charities or shelters for children to enjoy.	29 When others are gossiping, be the one to chime in with something positive.	30 Offer a cold bottle of water to someone working outside in the heat.	<div> <div>MAY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table> </div> <div> <div>JULY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> </div>		S	M	T	W	Th	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6
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