JUNE

A Month of Positive Psychol...

Flow and focus. One small habit for well-being a day.

2027

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Spend ten minutes on something you love doing	2 Choose a task that is hard but possible	3 Turn off notifications for half an hour	4 Do one thing from start to finish	5 Set a clear small goal for one task	6 Notice when time disappears
7 Try a hobby you have not done for a while	8 Learn a short piece of music or a recipe	9 Draw, write or build something for fun	10 Do one task with full attention	11 Make a task a bit harder, then try again	12 Notice what you enjoy about your work	13 Spend an hour on a favorite activity
14 Pick a challenge slightly above your level	15 Practice a skill for twenty minutes	16 Remove one distraction before you start	17 Notice what helps you focus	18 Do something with your hands	19 **Juneteenth** Work in a place that feels good	20 Keep going for five more minutes
21 Notice how it feels to be absorbed	22 Choose a short project and finish it	23 Play a game that needs your full attention	24 Do something creative without judging it	25 Learn one new fact about a hobby	26 Ask someone to do an activity with you	27 Notice a task you enjoy more than you expected
28 Block out an hour for what matters	29 Put away your phone and do one thing	30 Write about a time you felt fully absorbed				