Joyful June

SIMPLE JOYS IN NATURE
30 DAYS OF NOTICING

Print it out. Post it on your fridge.

URBAN FOREST THERAPY
NATURE BASED WELLNESS

MON	TUE	WED	THU	FRI	SAT	SUN
1 Today smelled like...	2 A tiny joy I almost missed...	3 The light today reminded me of...	4 Something soft I touched in nature...	5 A sound that brought me peace...	6 Something that made me smile outside...	7 A wild thing I noticed growing...
8 The way the air felt on my skin...	9 Something green I saw today...	10 A shape or pattern nature offered me...	11 I felt most alive when...	12 A small shift in the season I sensed...	13 Something that shimmered or sparkled...	14 A moment I felt completely present...
15 A shadow I noticed today...	16 A scent that stirred a memory...	17 The sky looked like...	18 I found color in...	19 Something I listened to without judgment...	20 The temperature reminded me that...	21 A texture I noticed underfoot...
22 A tiny creature I encountered...	23 I paused today when...	24 A tree or plant that held my attention...	25 A reflection I saw in nature or myself...	26 I felt grounded when...	27 Something I felt grateful for in nature...	28 My favorite moment outdoors today...
29 A surprise the natural world offered...	30 This month, I learned that...					

WHAT ARE YOU NOTICING?

Joy lives in the simple, everyday moments; the way light moves, a sudden breeze, the smell of something blooming. This month, challenge yourself to slow down and notice one small thing each day. Think of it as micro journaling. A gentle practice of naming what you felt, saw, or sensed in just a word or two. This is about connection, not perfection. Let the natural world meet you right where you are. See if you can note something all 30 days of June

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