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*“True self-discovery begins where
your comfort zone ends.”*

ADAM BRAUN

JUNE 2020



1

VOLUNTEERS'
WEEK

2

TRY STREAM-OF-
CONSCIOUSNESS
WRITING EACH
DAY THIS MONTH

3

HAVE A HEALTHY
DEBATE WITH
YOUR NEGATIVE
THOUGHTS

4

HUG YOUR CAT
DAY

5

WORLD
ENVIRONMENT
DAY

6

CREATE A FUN OR
A SERIOUS BUCKET
LIST

7

WRITE ABOUT
WHAT YOUR BEST
DAY WOULD LOOK
LIKE

8

WORLD OCEANS
DAY

9

TAKE A
PERSONALITY TEST

10

LIST 5 STRENGTHS
YOU HAVE
DISCOVERED THIS
YEAR

11

MAKING LIFE
BEAUTIFUL DAY

12

DESCRIBE
YOURSELF IN A
FEW POSITIVE
WORDS

13

LOOK INTO A
HOBBY YOU HAVE
NEVER TRIED
BEFORE

14

NEWSLETTER
RELEASE

15

LEARNING
DISABILITY WEEK

16

TELL YOUR STORY

17

EVALUATE YOUR
THOUGHTS, BOTH
GOOD AND BAD

18

NATIONAL
SPLURGE DAY

19

WRITE A POEM
ABOUT YOURSELF

20

CREATE A VISION
BOARD

21

INTERNATIONAL
DAY OF YOGA

22

WORLD
WELLBEING WEEK

23

LOOK AT
YOURSELF IN THE
MIRROR

24

NATIONAL
WRITING DAY

25

DRAW HOW YOU
WOULD LIKE TO
SEE YOURSELF
SOMEDAY

26

ASK 5 FRIENDS TO
DESCRIBE YOU IN
10 WORDS

27

NATIONAL PTSD
AWARENESS DAY

28

NEWSLETTER
RELEASE

29

TRY TO PUT
WORDS TO YOUR
IDEAS AND
FEELINGS

30

HOW DO YOU
WANT YOUR LIFE
TO BE FIVE YEARS
FROM NOW?

WWW.TEENHELP.ORG