




## June 2026

Inner peace doesn't happen all at once. It grows through small moments of self-compassion, joy, and curiosity. This June, explore **Fairness**, **Humor**, and **Love of Learning** through simple daily actions designed to help you build a more peaceful relationship with yourself.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Start June with a single intention: treat yourself with compassion.	2 Your strengths can make mindfulness feel more natural. <a href="#">Try these 24 tips.</a>	3 Send a friend something funny and spark a ripple effect of good energy.	4 Research highlight: The link between <a href="#">character strengths and peace.</a>	5 Log off on time today to recharge your energy. Rest is part of the plan!	6 90% reported stronger relationships. <a href="#">Discover the practice behind it.</a>
7 Ask a friend what strength they see in you to gain a fresh perspective on yourself.	8 Acknowledge a contribution that might go unnoticed and lift someone up.	9 <a href="#">Elevate how you lead and contribute</a> at work with these 7 strengths.	10 Replace one self-criticism with a kinder thought to boost confidence.	11 See how <a href="#">humor can lighten the load</a> when life feels heavy.	12 Try something new! Be a beginner again and rediscover the joy of learning.	13  FAIRNESS
14 Take a break from self-improvement and <a href="#">appreciate the strength you already have.</a>	15 Approach a familiar task with fresh eyes and break out of autopilot.	16 Discover how <a href="#">strengths-based parenting</a> builds happier, more confident kids.	17  HUMOR	18 Open a meeting by sharing a piece of good news and notice the mood lift.	19 Want stronger relationships? <a href="#">Press play for expert tips</a> to build connection.	20 Shake off some stress with a video that makes you laugh.
21 Call a friend and ask what they're excited about lately, let their curiosity spark yours.	22 <a href="#">Pick a humor practice</a> today and give yourself permission to focus on the good.	23 Spend 5 minutes exploring a different viewpoint and stretch your thinking.	24 Find 10 ways to <a href="#">bring out the best</a> in your coworkers.	25 Name a quirk you usually hid. Authenticity invites others to do the same.	26 Track three funny moments today to <a href="#">notice more joy</a> in your day.	27 Pause before reacting and trade a quick judgment for a deeper conversation.
28 What if greater peace starts with seeing yourself more clearly? <a href="#">Take the VIA Survey.</a>	29  LOVE OF LEARNING	30 <a href="#">Turn your strengths into action</a> with the guide to all 24 character strengths.				