

Intentional Calendar

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1 Set your goals for the month	2 Meal Prep for the Week	3 Eat something you enjoy	4 Take an outdoor walk	5 Start a new book	6 Sip your favorite wine	7 Try new stretches
8 Buy yourself flowers	9 Grab your favorite coffee	10 5 mins of breathing	11 Go outside at sunset	12 Take a dance break	13 Do a 10 min declutter	14 Start a new hobby
15 Play your favorite music while doing chores	16 Take a bubble bath or hot shower	17 Try a new tea blend	18 Set a 20 min "Do Nothing" timer	19 10 mins of meditation	20 Take a drive	21 Try a new workout class
22 Go candle shopping	23 Sip your favorite wine	24 Text 3 people something you love about them	25 30 minutes of Yoga	26 Do a heart check in	27 Create a cozy corner at home	28 Watch a feel good movie
29 Create a prayer list for next month	30 Create a gratitude list					