

***I AM GIFTED
AND USE MY
GIFTS TO MAKE
THE WORLD A
BETTER PLACE***

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JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Say what you mean and mean what you say	2 Practice visualization by daydreaming on your future	3 Reflect on a fulfilling memory	4 Take a break from social media
5 ★ Listen to the sounds of nature	6 Declutter an area of your space	7 Be the supreme optimist!	8 Work towards one of your 2022 goals	9 Do a 5 minute meditation on gratitude	10 ★ Celebrate your melanin by spending time in the sun	11 Have a good laugh or cry
12 Stretch for 10 minutes	13 Prioritize your mental well-being	14 ★ Start your day off right!	15 Learn something new!	16 Spread positive energy	17 ★ Celebrate your culture and heritage <small>JUNETEENTH</small>	18 Dance and/or sing!
19 Give affection to someone you love <small>FATHER'S DAY</small>	20 ★ Write down 1 way you can show up better in your life	21 Go the whole day without passing judgment on others	22 ★ Light incense or sage	23 Help someone when they need it	24 Watch the sunrise or sunset	25 Accomplish something you've been putting off
26 List 3 ways you can be more committed to yourself and your goals	27 Own your greatness!	28 ★ Put some extra effort into your look	29 Exercise Patience!	30 ★ Identify one thing you accomplished this month you are proud of		

On days marked with a ★ share how you're participating and enter to win a prize from one of our BLACK BUSINESS collaborators. Can you collect all 8 stars?

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