

# JUNE | 2016

*Personalize your goals for June and grow even more! Use what you learned in May and write in the practices that will most help you reach your mental health milestones.*

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



## GOALS

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## NOTES

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### WEEK 1: SELF

WED 1 ◇ \_\_\_\_\_

THU 2 ◇ \_\_\_\_\_

FRI 3 ◇ \_\_\_\_\_

SAT 4 ◇ \_\_\_\_\_

SUN 5 ◇ \_\_\_\_\_

### WEEK 2: RELATIONSHIPS

MON 6 ◇ \_\_\_\_\_

TUE 7 ◇ \_\_\_\_\_

WED 8 ◇ \_\_\_\_\_

THU 9 ◇ \_\_\_\_\_

FRI 10 ◇ \_\_\_\_\_

SAT 11 ◇ \_\_\_\_\_

SUN 12 ◇ \_\_\_\_\_

### WEEK 3: HEALTH

MON 13 ◇ \_\_\_\_\_

TUE 14 ◇ \_\_\_\_\_

WED 15 ◇ \_\_\_\_\_

THU 16 ◇ \_\_\_\_\_

FRI 17 ◇ \_\_\_\_\_

SAT 18 ◇ \_\_\_\_\_

SUN 19 ◇ \_\_\_\_\_

### WEEK 4: TRY NEW THINGS

MON 20 ◇ \_\_\_\_\_

TUE 21 ◇ \_\_\_\_\_

WED 22 ◇ \_\_\_\_\_

THU 23 ◇ \_\_\_\_\_

FRI 24 ◇ \_\_\_\_\_

SAT 25 ◇ \_\_\_\_\_

SUN 26 ◇ \_\_\_\_\_

### WEEK 5

MON 27 ◇ \_\_\_\_\_

TUE 28 ◇ \_\_\_\_\_

WED 29 ◇ \_\_\_\_\_

THU 30 ◇ Reflect on this month's accomplishments and create next month's goals.