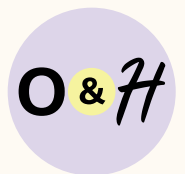


Micro-Adventures for June

to Make Great Memories

S	M	T	W	T	F	S
30	1 Write a letter to your future self to open at the end of summer.	2 Drive or walk to a new place to explore today.	3 Try a new dish that you haven't had before.	4 Discover new music today by listening to new releases or artists you didn't know before.	5 Go on a mini field trip on your lunch break (e.g., a museum, library, landmark).	6 Have a sunset journaling session outdoors.
7 Go on a themed photo walk (e.g., only one color, doors only, interesting architecture).	8 Learn a few phrases in another language.	9 Start a goals/dreams journal and write down your biggest goals and dreams for the future.	10 Try a solo activity like dining alone or going to the movies on your own.	11 Try a new sports activity today (e.g., indoor rock climbing, racquetball).	12 Find the most scenic place near you to watch the sunset.	13 Go to a local event (e.g., sports game, art exhibition, festival).
14 Have a day at the pool or at a lake.	15 Order a different coffee from your usual (ideally something new for you to try).	16 Stargaze and try to identify different constellations.	17 Go shopping at a grocery store you haven't tried before.	18 Look up the top things to do in your city & do the one you haven't tried yet.	19 Go to the grocery store and pick some snacks you've not tried before.	20 Go to a new brunch place and try something you've never had before.
21 Have a BBQ and try a new recipe.	22 Have a mini picnic for your lunch break or after work.	23 Take a cooking class to learn something new.	24 Visit a local 'hidden gem'.	25 Have an evening of listening to music.	26 Try a dance class (like salsa, tango, or ballroom dancing).	27 Try a fun water activity (e.g., tubing, surfing, paddleboarding).
28 Try geo-caching.	29 Cook or order food from a cuisine you've not tried before.	30 Pick a book and go read at a coffee shop nearby.	1	2	3	4



Ordinary & Happy