



June 2021



Energy shifting ideas and Random Acts for Passionate Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>THE DAILY DRIVE <i>with Denise</i></p>		1 Send coloring books, toys, and balloons to a children's hospital.	2 Who's birthday or anniversary is it this month? Remember them with a handwritten card.	3 Write your partner a list of things you love about them.	4 Think on paper, it does wonders.	5 Cook an extra portion of dinner (or dessert) for someone who needs it.
6 Wardrobe Review: If you haven't worn it in a year, it may be time to donate that old energy out. Make room for fresh energy.	7 Set positive intentions for this week in your My Daily Drive.	8 Make it a point to listen to others today and don't interrupt.	9 Connect with your best friend one way or another.	10 Commute to work via bike, public transit or by carpool.	11 Smile at everyone you see.	12
13 Organize: Make a list of all your passwords neatly in a notebook.	14 Leave an extra large tip for your server with a note of thanks for their wonderful service.	15 Write an encouraging letter to a deployed or wounded member of the military through "Operation Gratitude."	16	17 Give your subway or bus seat up to someone.	18 Unload your trunk, metaphorically. Release old hurts, grudges, and stories that clog your mind.	19
FATHER'S DAY 20 I am _____. (You fill in the blank)	21 Make the appointment you've been putting off with _____.	22 Make a habit of including healthy choices in your daily diet.	23 Use impeccable words that empower yourself and those around you.	FULL MOON 24	25 Donate to an organization you care about, or research ways you can assist their movement.	26 Pay for someone's coffee or meal at a drive-thru.
27 Listen to The Daily Drive with Denise Podcast for inspiration.	28 Start a gratitude journal, try The My Daily Drive Method.	29	30 Need a solution? Visual mapping is a power tool for goal setting, and accessing your creativity. Try it!	www.theDailyDrivewithDenise.com		