

Thought for the Day – June 2024



We cannot have a health planet without a health ocean

UN Secretary General Antonio Guterres

June 1st – World Reef Awareness Day



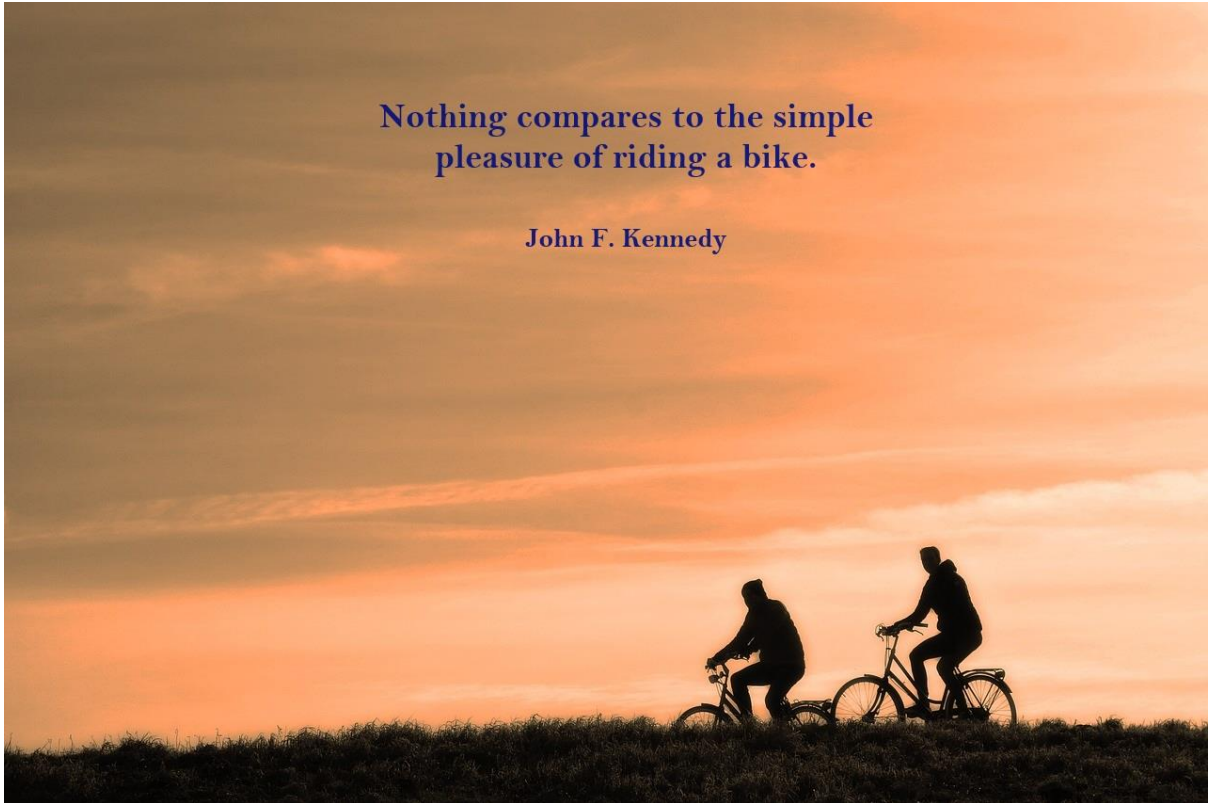
You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

Eleanor Roosevelt

June 2nd – Cancer Survivor Day

**Nothing compares to the simple
pleasure of riding a bike.**

John F. Kennedy



June 3rd – World Bicycle Day



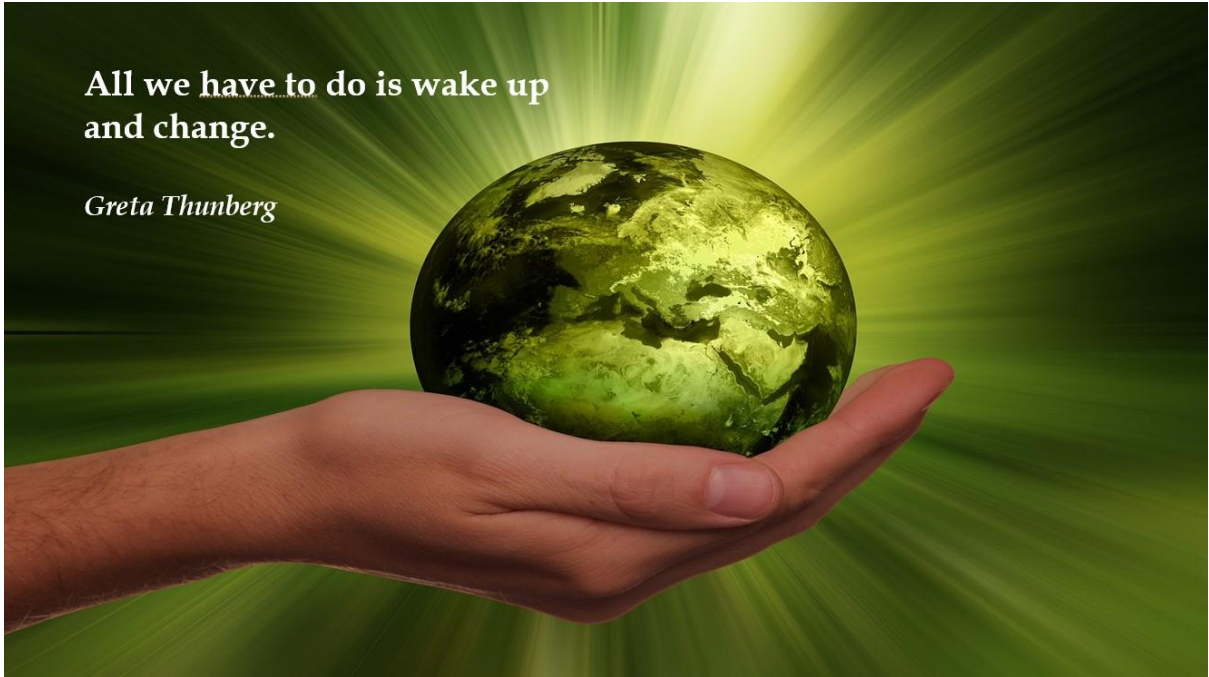
**Childhood should be
carefree, playing in the sun;
not living a nightmare in
the darkness of the soul.**

*Dave Pelzer
A Child called "It"*

June 4th - International Day of Innocent Child Victims of Aggression

All we have to do is wake up
and change.

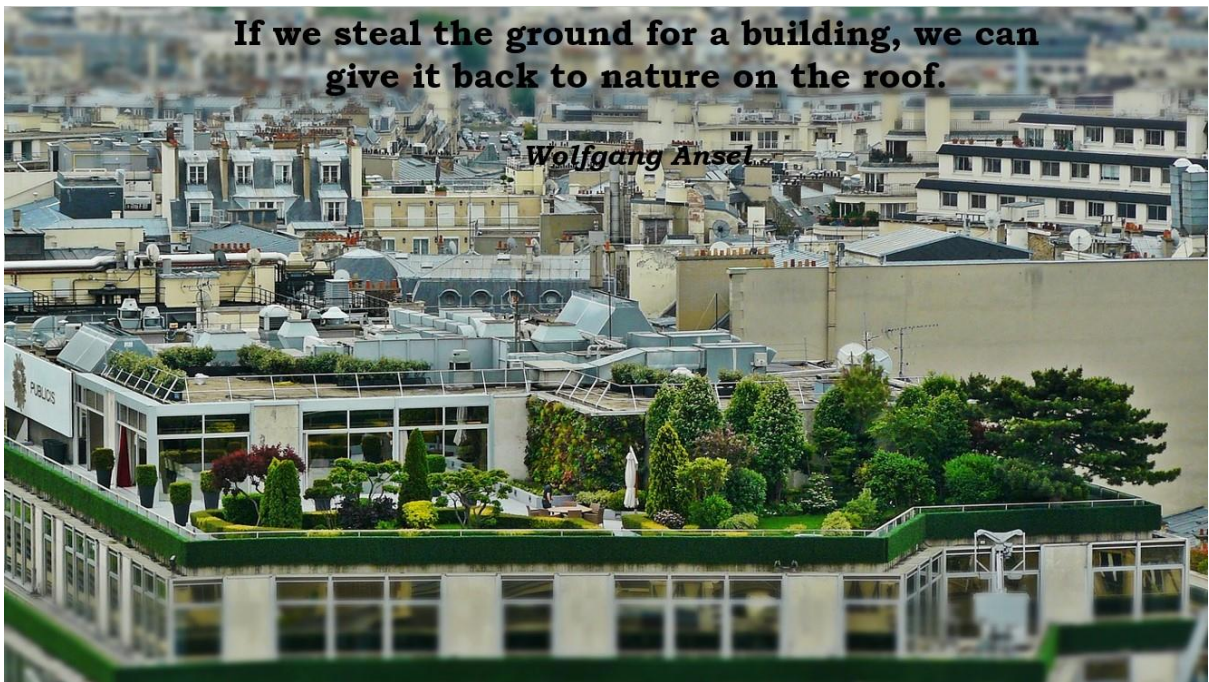
Greta Thunberg



June 5th – World Environmental Day

**If we steal the ground for a building, we can
give it back to nature on the roof.**

Wolfgang Ansel



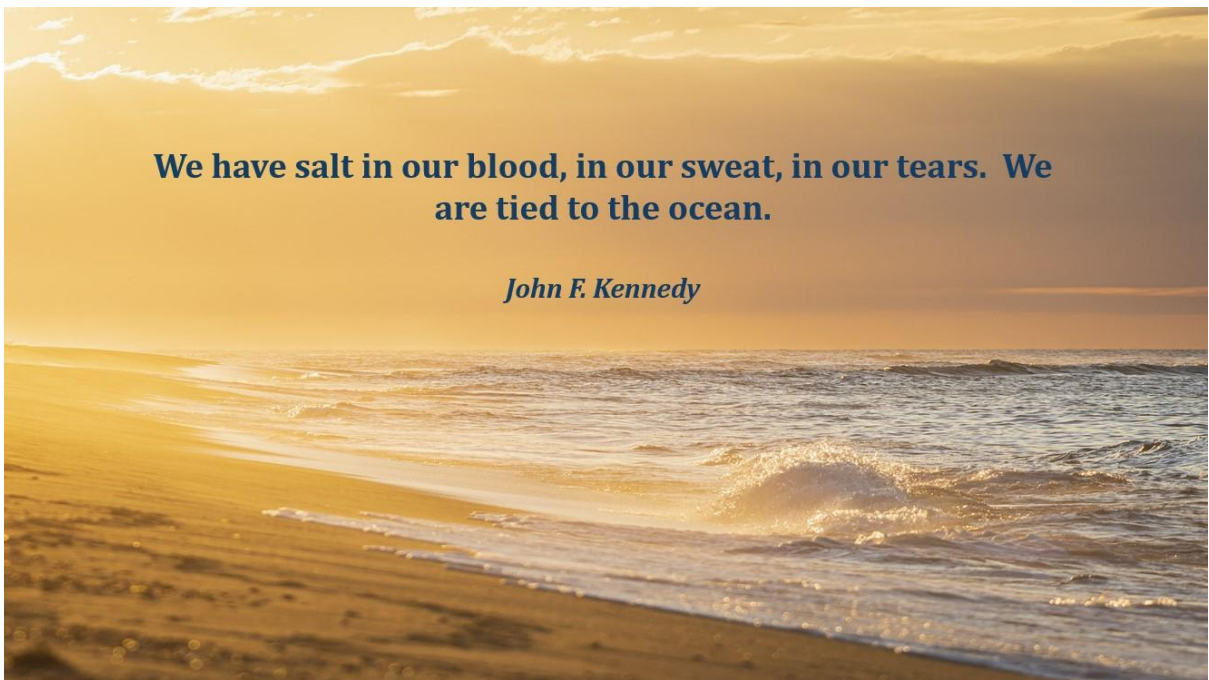
June 6th – World Green Roof Day



Your diet is a bank account. Good food choices are good investments.

Bethenny Frankel


June 7th – World Food Safety Day



We have salt in our blood, in our sweat, in our tears. We are tied to the ocean.

John F. Kennedy


June 8th – World Ocean's Day

A black and white photograph of two horses running through a misty or dusty environment. The horse in the foreground is dark and running towards the right, while the second horse is lighter and running slightly behind and to the left. The background is filled with trees and a thick layer of mist or dust.

**Either you run the day or the
day runs you.**

Jim Rohn

June 9th

A photograph of a deer standing in a field at sunrise. The scene is bathed in a warm, golden light from the low sun, creating long shadows and a hazy atmosphere. The deer is silhouetted against the bright background. A line of trees is visible in the distance.

**Just one small positive
thought in the morning
can change your whole
day.**

Dalai Lama

June 10th

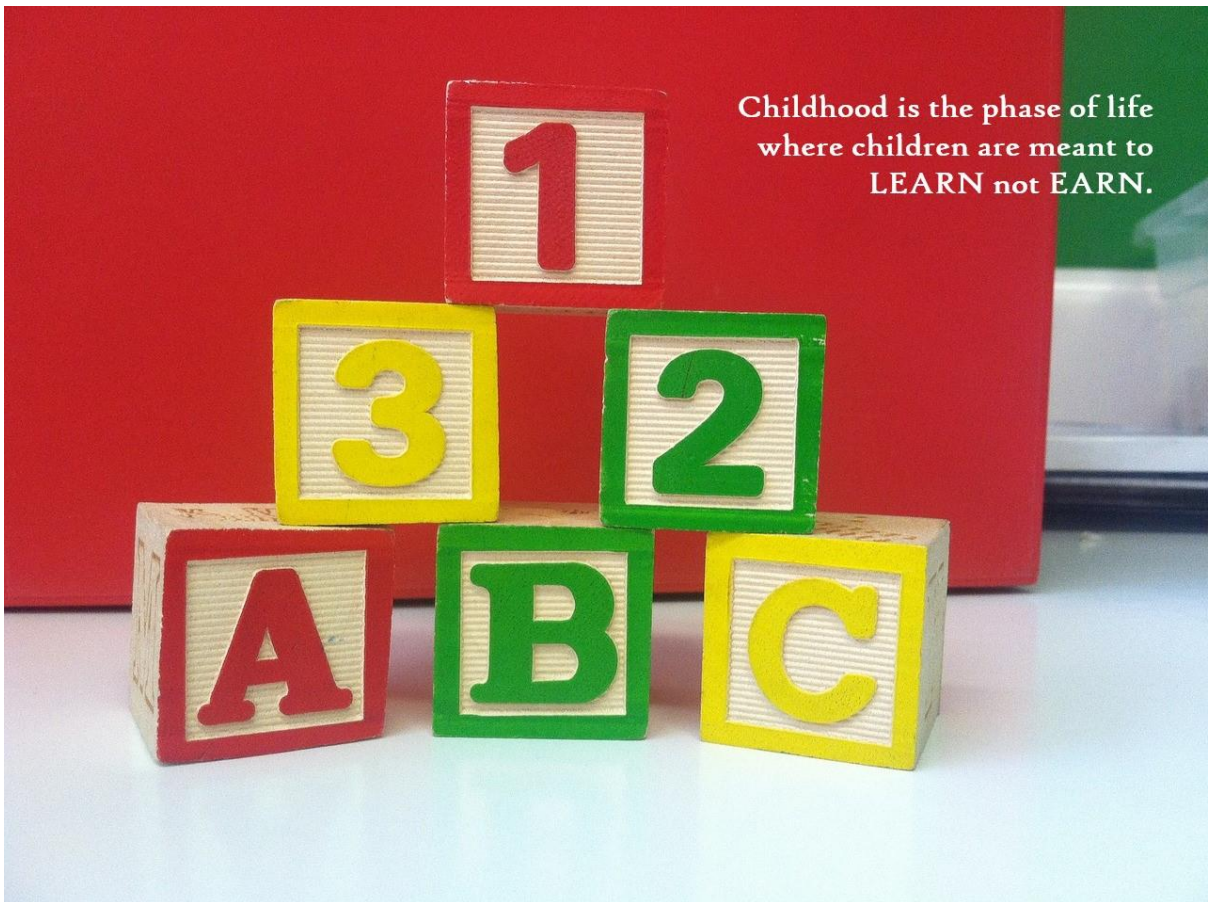
To be both wild and
intelligent at the same
time is the mark of
practiced genius.

Anguis



June 11th – International Lynx Day

Childhood is the phase of life
where children are meant to
LEARN not **EARN**.



June 12th – World Day Against Child Labour

**Albinism is a
beautiful difference
that deserves to be
celebrated.**

Edith Jibunoh

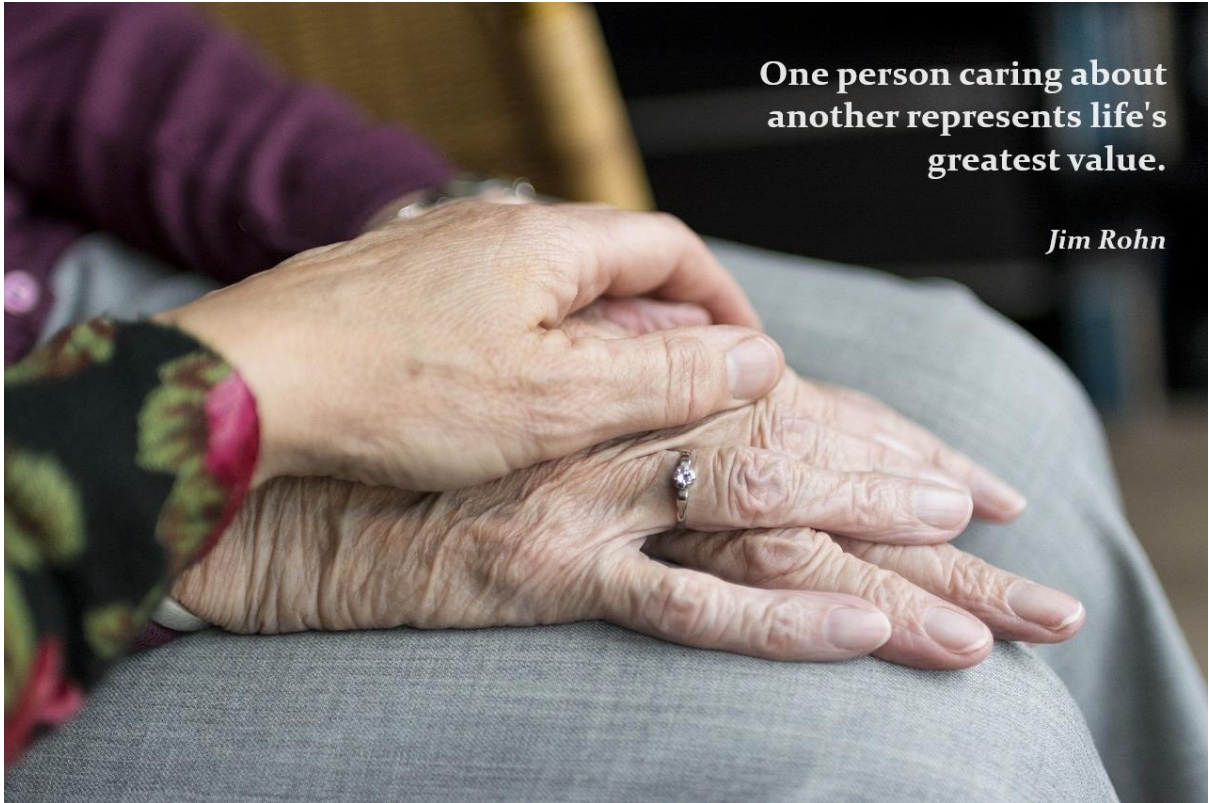


June 13th – International Albinism Awareness Day

Be the reason for someone's heartbeat



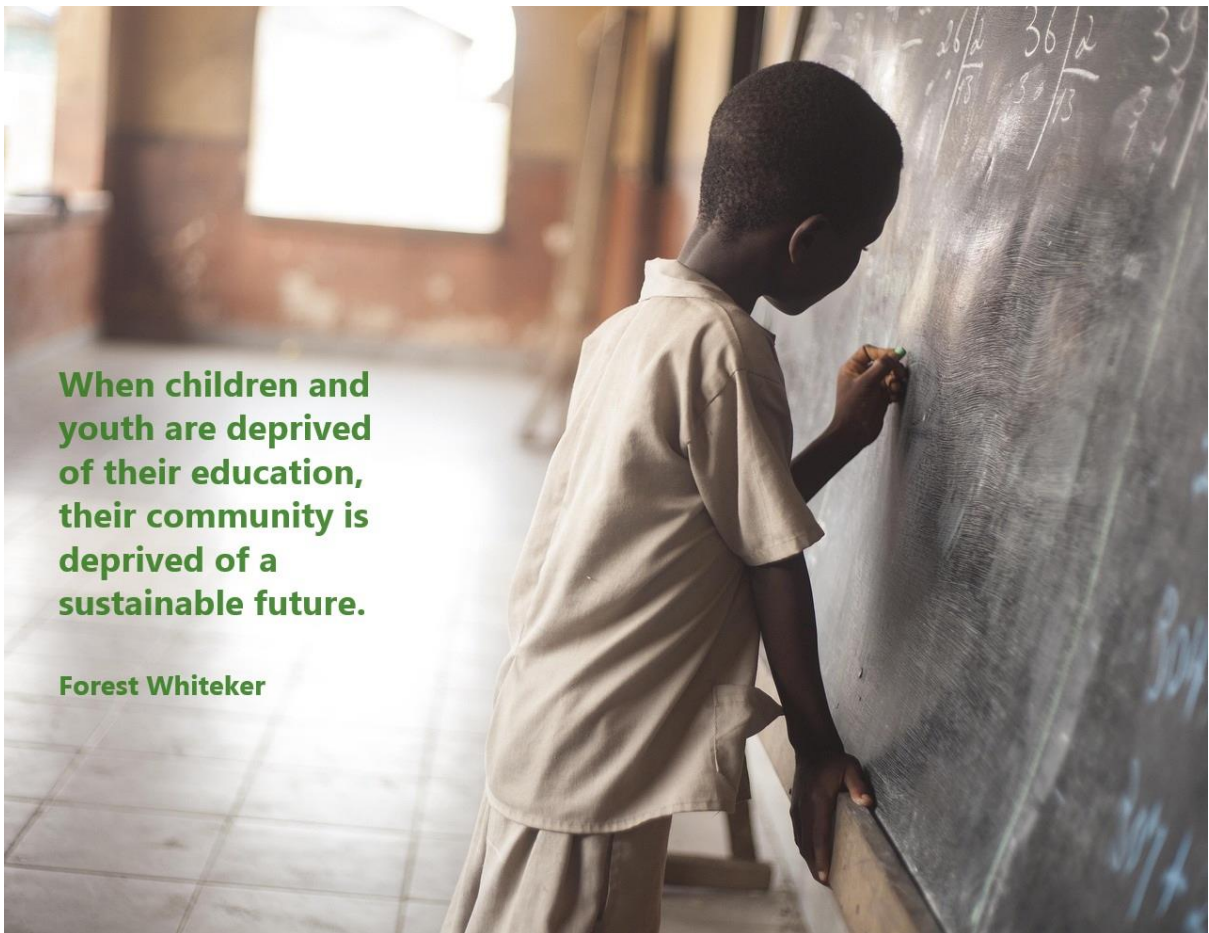
June 14th – World Blood Donor Day



One person caring about another represents life's greatest value.

Jim Rohn

June 15th – World Elder Abuse Awareness Day



When children and youth are deprived of their education, their community is deprived of a sustainable future.

Forest Whiteker

June 16th – International Day of the African Child



**For the sake of
our children and
our future, we
must do more to
combat climate
change.**

Barrack Obama

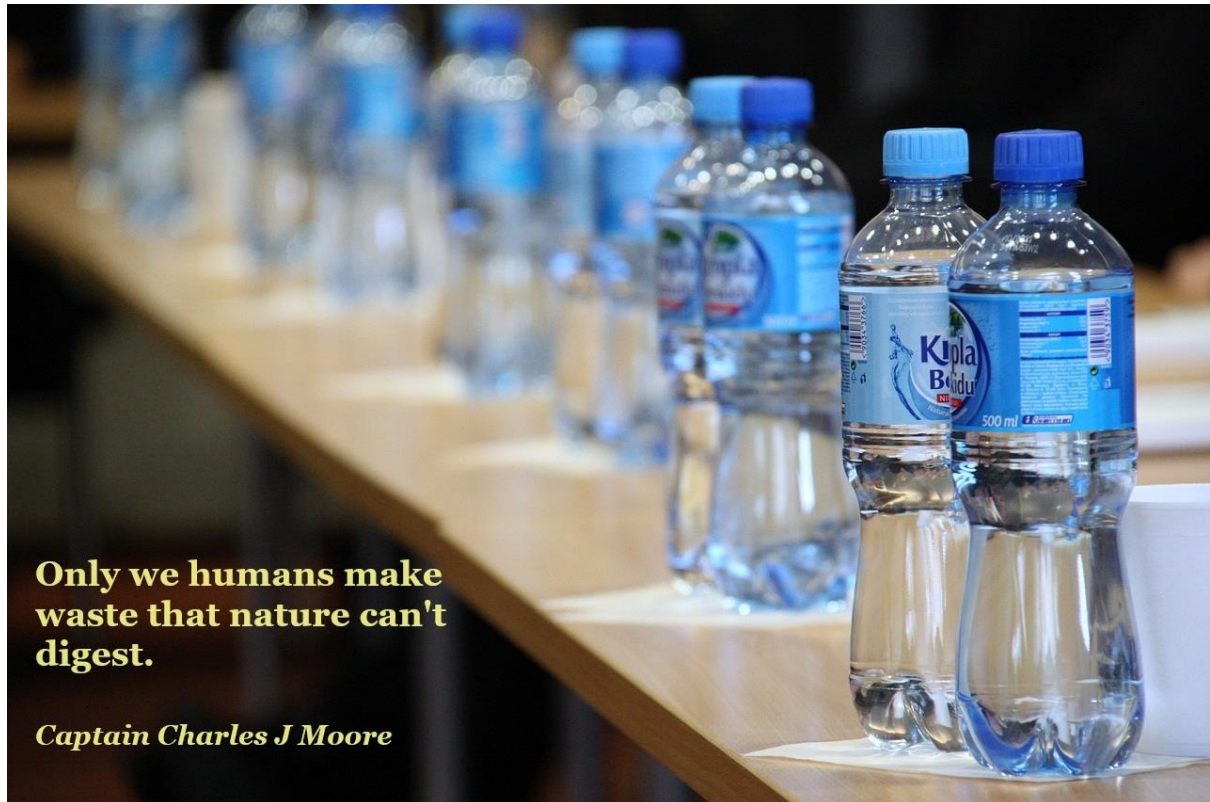
June 17th - World Day to Combat Desertification and Drought



Darkness cannot drive out darkness; only light
can do that. Hate cannot drive out hate; only
love can do that.

Martin Luther King Jr.

June 18th – International Day for Countering Hate Speech



**Only we humans make
waste that nature can't
digest.**

Captain Charles J Moore

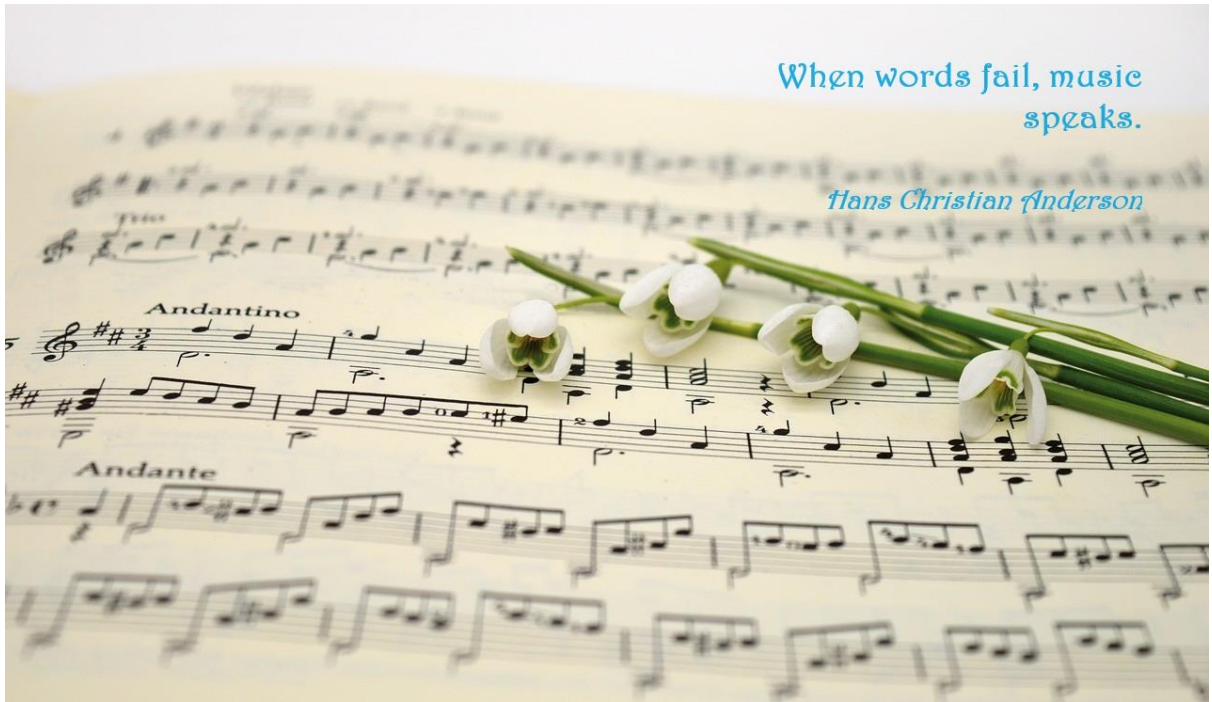
June 19th – World Refill Day



It is the obligation of every
person born in a safer room
to open the door when
someone in danger knocks.

Dina Nayer

June 20th – World Refugee Day



When words fail, music speaks.

Hans Christian Anderson

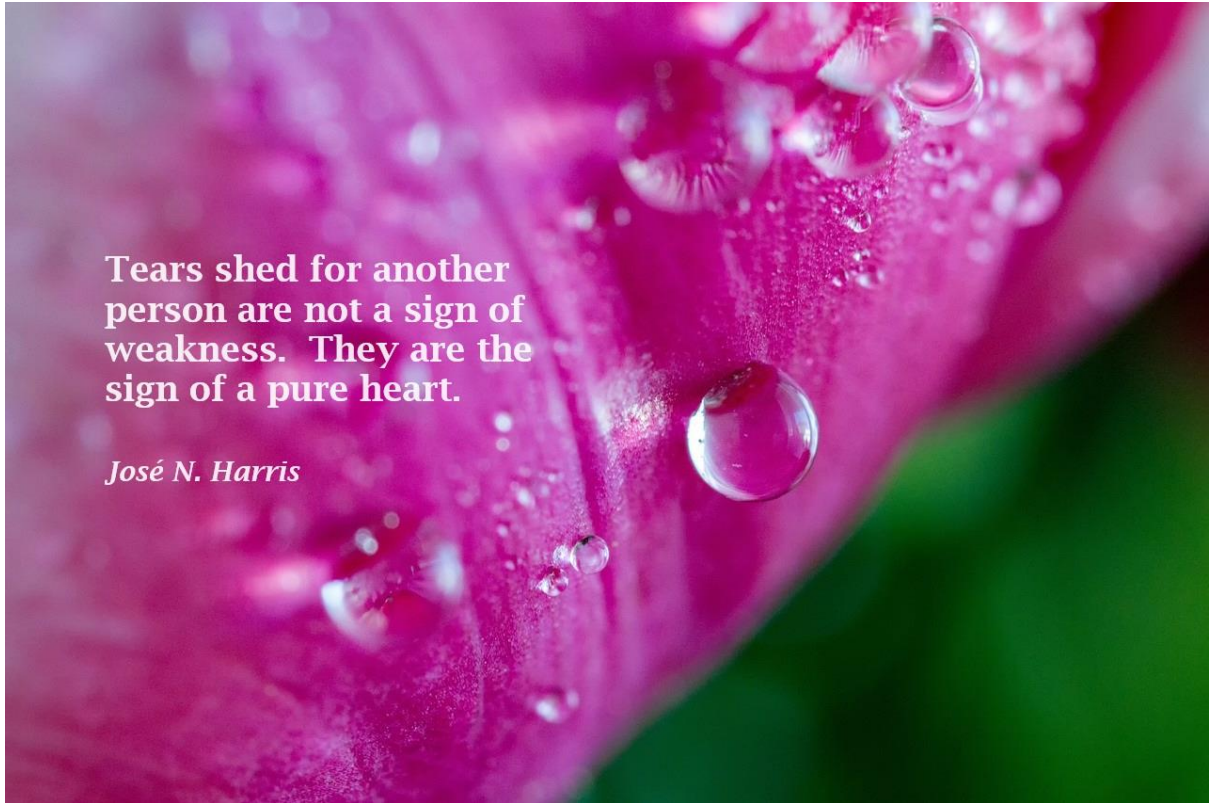
June 21st – World Music Day



The only impossible journey is the one you never begin.

Tony Robbins

June 22nd



Tears shed for another person are not a sign of weakness. They are the sign of a pure heart.

José N. Harris


June 23rd – International Widows Day



Strive to preserve your heart in peace; let no event of this world disturb it.

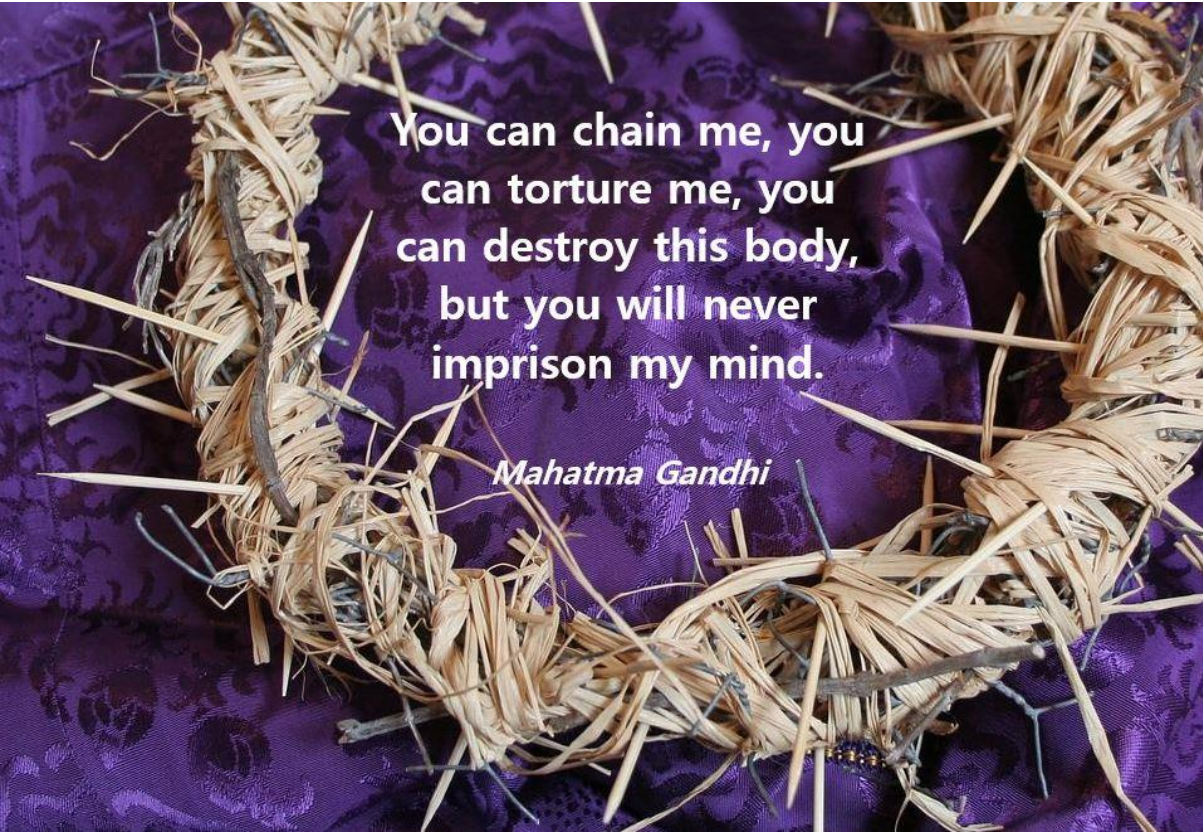
St. John

June 24th – St. John's Day



Life's toughest storms prove
the strength of our anchors.

June 25th – Day of the Seafarer



You can chain me, you
can torture me, you
can destroy this body,
but you will never
imprison my mind.

Mahatma Gandhi

June 26th - International Day in Support of Victims of Torture

**When you
undervalue what
you do, the world
will undervalue
who you are.**

Oprah Winfrey



June 27th

*I alone cannot change the world, but I can
cast a stone across the water to create many
ripples.*

Mother Teresa



June 28th

