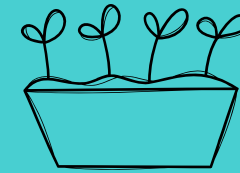




APRIL



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SELF CARE ISN'T SELFISH.

1 Write your self care goals for the month.

2 Go for a walk.

3 Have a virtual party with friends.

4 Go for a scenic drive.

5 Try a DIY project.

6 Say: I inhale confidence and exhale fear.

7 Exercise for 30 minutes.

8 Drink plenty of water.

9 Watch your favorite TV show.

10 Forgive yourself for making a mistake.

11 Sleep in or just lay in bed a bit longer.

12 Do something you really enjoy.

13 Open your day with the mantra, "I am enough."

14 Practice gratitude all day.

15 Write a kind note to a co-worker.

16 Spend 15 minutes outside listening to the sounds of nature.

17 Listen to your favorite song.

18 Indulge in your favorite dessert.

19 Walk for 45 minutes.

20 Cook your favorite meal.

21 Listen to your favorite podcast.

22 Spend 15 min in a quiet space to reflect on your day.

23 Take a shower, lie down, and reflect on your day.

24 Journal or read a book.

25 Order dinner from your favorite restaurant.

26 Watch a movie that makes you laugh.

27 Spend 10 min listening to your favorite playlist.

28 Talk to someone that makes you smile.

29 Say this mantra to yourself: "I am enough."

30 Organize one small space in your home.

One small positive thought in the morning can change the whole day.