



April, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Take a nap
2 Listen to a free audio book	3 Enjoy your favorite breakfast	4 Go for a walk in your neighborhood	5 Watch your favorite TV Show	6 Get up from your computer and exercise or walk	7 Call someone you haven't talked to in awhile	8 Tell someone you love them
9 Do a random act of kindness	10 Take a snack to work and actually take a break	11 Stand up and show off your best dance moves	12 Read your favorite quote and reflect on it	13 Stop what you're doing. Take 10 deep breaths	14 Reflect on how you can be a good friend to others	15 Bake your favorite cookies and share them
16 Select a Simon Sinek TED Talk and listen	17 Pick up where you left off in the audio book	18 Stand up and stretch high and low, side to side	19 Do a Sudoku Puzzle	20 Make yourself a "smoothie" with your favorites	21 Play a board or card game just for fun	22 Whistle a happy tune while you organize your space
23 Find a small toy. Lay down on your bed and make it jump by your breathing	24 Check in with a family member you haven't seen in awhile	25 Eat your favorite "comfort food"	26 Send a note of encouragement to someone you know	27 Go outside and just stand still with your face to the sky	28 Read your favorite poem	29 Think of something you are grateful for
30 Treat yourself to something from the drive thru						