

# April '20

S	M	T	W	T	F	S
			1 Listen to meditative music	2 Go outside and take a pic of nature	3 Practice deep breathing for 3 minutes	4 Give yourself a manicure
5 Fix a healthy meal	6 Call someone you've been meaning to call	7 Make that appointment you need to make	8 Give yourself permission to do nothing for 15 minutes	9 Make a coffee date for this month	10 Create a fun new 'title' and practice saying it without laughing	11 Explore ways to volunteer to fit <b>Your Life</b>
12 Take a Nap!	13 Go through all your lotions and organize by quantity left	14 Have a dance party with the kids, your partner or yourself	15 Take a bubble bath	16 Make a list of summer goals	17 Journal for 15 minutes	18 Try a new flavor of coffe and/or creamer
19 Create a sacred space in your home	20 Write a thank you note for kindness and mail it.	21 Scroll for fancy clothes and plan where you'd wear them	22 Give yourself a hand massage	23 Drink more water than usual	24 Write down anything positive that happened today	25 Watch the sunset
26 Make cookies or your favorite snack	27 Try on your favorite outfit and take a selfie	28 Do something that scares you, then tell a friend	29 Plan a day trip	30 Schedule self care time for May		