

APRIL

SELF-CARE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Listen to an inspiring podcast	2 Bake cookies	3 Random act of kindness	4 Don't buy anything	5 Compliment a friend	6 Spend 30 minutes in nature	7 Pamper yourself
8 Do something kind for a stranger	9 Discover new music	10 Treat yourself	11 Go to bed early	12 No complaint day	13 Buy yourself flowers	14 Go to a new restaurant
15 Catch up with an old friend	16 List your accomplishments	17 Wake up 30 minutes earlier	18 Have a movie night	19 Do 30 squats	20 Get rid of something you don't need	21 Evaluate your last 3 purchases
22 Make a list of your favourite things	23 Social media detox	24 Empty your cupboard of unwanted food	25 Meditate for 10 minutes	26 Take a hot bath or shower	27 No TV all day	28 Write about a happy memory
29 10 minute stretch	30 Avoid multi-tasking	31 Have breakfast in bed				