
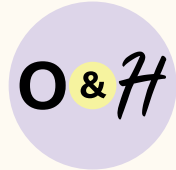


# April

# Self-Care

# Ideas

S	M	T	W	T	F	S
29 	30 	31 	1 Start a gratitude journal.	2 Meet up with a friend for lunch.	3 Take a bubble bath after work.	4 Enjoy a relaxing Easter activity like painting eggs.
5 Host or visit family /friends for Easter.	6 Get yourself a bouquet of flowers.	7 Have a no-screen evening.	8 Organize your workspace	9 Listen to your favorite playlist while relaxing.	10 Have a date night.	11 Go for a scenic walk.
12 Meet up with friends for brunch.	13 Try a new outfit.	14 Create a vision board to display at home.	15 Have a spa evening at home after work.	16 Have a board game night with friends /family.	17 Take some time to reflect.	18 Create a photo collage wall with meaningful photos.
19 Meal prep or meal plan for the week ahead.	20 Frame and display your favorite inspirational quote.	21 Have a stargazing evening.	22 Enjoy a morning cup of coffee or tea with music.	23 Watch a comedy special.	24 Have a movie night at home.	25 Have a picnic in the park.
26 Enjoy a couple hours at a nearby coffee shop.	27 Create a bucket list for this year.	28 Watch the sunset from a scenic location.	29 Dance to your favorite music.	30 Try an evening stretching or workout routine.	1	2  Ordinary & Happy