


'Me Time' Ideas for April

S	M	T	W	T	F	S
29  Ordinary & Happy	30	31	1 Get yourself flowers.	2 Choose a personal goal to prioritize.	3 Dance in your bedroom.	4 Wear your favorite outfit and take a selfie.
5 Celebrate Easter the way you want to.	6 Read a book under a tree.	7 Try a new workout class.	8 Write down what your perfect day looks like.	9 Have a trip or vacation planning evening.	10 Order takeout.	11 Play an online game.
12 Have a movie night.	13 Write down what you're proud of.	14 Write down and identify things that bring you joy.	15 Rearrange a room at home and try it.	16 Make a playlist.	17 Order prints of fun photos.	18 Go to a museum or art gallery.
19 Visit a new place.	20 Go on a photography walk.	21 Get yourself a blanket or soft robe to wear.	22 Do some online window shopping.	23 Go to a coffee shop.	24 Start watching a new TV show.	25 Take yourself out for dinner.
26 Have an at-home spa evening.	27 Have some quiet time at water e.g. a lake.	28 Write down and identify one thing to let go of.	29 Make some summer plans.	30 Get yourself a new journal and stationery.	1	2