

April's

Be Kind *to* Your **Future Self**

S	M	T	W	T	F	S
29	30	31	1 Create a priorities list for the month.	2 Start a 15-minute daily stretching routine.	3 Message a friend group chat to make future plans.	4 Go to an interest-based meetup to meet people.
5 Org-anize your documents and other paper-work.	6 After work, go outside for some fresh air.	7 Write down 10 things you're grateful for.	8 Start an idea journal to carry with you.	9 Make a list of your best qualities.	10 Make a list of no-screen activities you could do with family.	11 Automate as many tasks as you can.
12 Meal prep a casserole for the week ahead.	13 Speak kindly to yourself in the mirror.	14 Practice good posture when seated.	15 Update your resume.	16 Back up your computer files.	17 Try a new workout class with friends.	18 Try a new hobby.
19 Spend quality time with loved ones.	20 Identify a 10-min habit you'd like to build.	21 Order prints of photos on your phone.	22 Organize an extended family video call.	23 Start planning a vacation to take this year.	24 Create a vision board for the year.	25 Have a 'declutter and donate clothes' afternoon.
26 Have a day to yourself to relax.	27 Try daily journaling.	28 Sign up for a skills course.	29 Create a weekly cleaning checklist.	30 Read feel-good stories to inspire you.	1	2  Ordinary & Happy