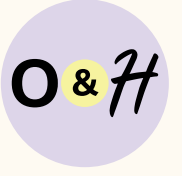



# April Glow-Up Ideas

S	M	T	W	T	F	S
29  Ordinary & Happy	30 	31 	<b>1</b> Get yourself a reusable water bottle to hydrate daily.	<b>2</b> Create or review your skincare routine.	<b>3</b> Relax with a bubble bath after work.	<b>4</b> Meet up with friends for a fun activity.
<b>5</b> Spend time with loved ones for Easter.	<b>6</b> Have some time outdoors after work.	<b>7</b> Sign up for an after-work workout class with friends.	<b>8</b> Try a new smoothie recipe.	<b>9</b> Write a list of reasons you're awesome.	<b>10</b> Have an at-home spa evening.	<b>11</b> Watch a comedy special that makes you laugh.
<b>12</b> Get a mani pedi at the spa or DIY at home.	<b>13</b> Create a 5-10 minute evening unwind routine.	<b>14</b> Make a list of things that bring you joy.	<b>15</b> Try a pilates or stretching class.	<b>16</b> Write down what makes you feel confident.	<b>17</b> Get your brows done today.	<b>18</b> Revisit a hobby you enjoy.
<b>19</b> Sleep in today.	<b>20</b> Get a new outfit and donate one you don't wear.	<b>21</b> Work on a haircare routine.	<b>22</b> Try new perfumes/fragrances at the store.	<b>23</b> Work on your posture for 15-20 minutes.	<b>24</b> Try some new body care products.	<b>25</b> Go for a long walk outdoors.
<b>26</b> Get a haircut (if needed).	<b>27</b> Spend some time decluttering your home.	<b>28</b> Create a happiness mood board.	<b>29</b> Call the person in your life that makes you happy.	<b>30</b> Reflect on the things you can do to be happier.	<b>1</b> 	<b>2</b> 