
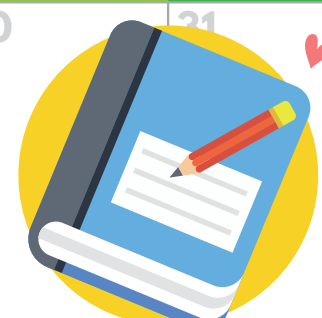


Morning Journaling *for* April

S	M	T	W	T	F	S
<p>29</p>  <p>Ordinary & Happy</p>	<p>30</p> 	<p>31</p>	<p>1</p> <p>Something in life you can take a little less seriously and have more fun with.</p>	<p>2</p> <p>One room or space you're going to declutter and reset this month.</p>	<p>3</p> <p>A place in nature that inspires you to make the most of the present.</p>	<p>4</p> <p>Nearby places you want to visit after not being able to do so through the winter.</p>
<p>5</p> <p>What's important to you on Easter weekend.</p>	<p>6</p> <p>Simple messages of encouragement you could send to a loved one.</p>	<p>7</p> <p>Simple things you can do for more daily movement.</p>	<p>8</p> <p>Something you know little about that you're going to learn more about.</p>	<p>9</p> <p>Activities you enjoy so much you don't feel the need to look at your screens.</p>	<p>10</p> <p>Simple ways to have more time with a sibling or particular family member.</p>	<p>11</p> <p>A pet or animal that means a lot to you, and why.</p>
<p>12</p> <p>A place in nature you feel a deep connection to and why.</p>	<p>13</p> <p>Positive words or phrases to say to yourself in the mirror every morning.</p>	<p>14</p> <p>Ways you can make your garden or outdoor space inspiring.</p>	<p>15</p> <p>Ways you can bring 'spring' into your home.</p>	<p>16</p> <p>How you're going to make the most of the rest of the month.</p>	<p>17</p> <p>A room or space you can refresh for the season.</p>	<p>18</p> <p>Simple ways to bring more light into your home.</p>
<p>19</p> <p>Where in your home you could make space for one of your hobbies.</p>	<p>20</p> <p>Activities you typically do indoors that you could do outside.</p>	<p>21</p> <p>Describe your ideal spring evening.</p>	<p>22</p> <p>Things you could wake up to that would inspire you.</p>	<p>23</p> <p>Daily evening walking routes you could take.</p>	<p>24</p> <p>Something that inspires you and motivates you to think about on busy days.</p>	<p>25</p> <p>Ways to unwind in the garden, backyard, on the balcony, or outside.</p>
<p>26</p> <p>A community you want to reconnect with.</p>	<p>27</p> <p>Somewhere you could go for a weekend.</p>	<p>28</p> <p>A place in nature to meet with friends.</p>	<p>29</p> <p>What you've learned this April that you'll carry into May.</p>	<p>30</p> <p>Small, everyday things you want to notice more.</p>	<p>1</p>	<p>2</p>