

April

Positive Change Month

S	M	T	W	T	F	S
29	30	31	1 Choose photos from last year on your phone to print.	2 Make a detailed spring cleaning plan (include May).	3 Assemble a care package to use on tiring days.	4 Get an indoor plant for the house.
5 Create a happy playlist.	6 Have a no-screen evening.	7 Check in with a loved one.	8 Switch in warmer light bulbs in the living room.	9 Go to an interest-based meetup.	10 Rearrange a room and try it for a day.	11 Change the cushion covers to a brighter color.
12 Do 5 1-minute stretches before bedtime.	13 Arrange a video call with a family member.	14 Write down three things you're proud of.	15 Organize your closet for 30 minutes.	16 Make plans to meet with friends.	17 Do one self-care activity.	18 Spend time with family and friends.
19 Watch an inspiring video.	20 Write an inspiring quote on your journal cover.	21 Try some power poses.	22 Donate some clothes you no longer wear.	23 Try something new.	24 Have a volunteering afternoon.	25 Backup your files and photos.
26 Read up about something that interests you.	27 Write down one thing to let go of.	28 Write down a major goal for the rest of the year.	29 Try a new workout class.	30 Create a cozy corner at home to read and relax in.	1	2

