

April 2015 Self-Care Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Have you heard about the Biblical Kindness Challenge? Check out my blog to learn more!</i></p>			<p>1</p> <p>Make a list of what you would like to plant this spring</p>	<p>2</p> <p>Do one thing that will simplify your life.</p>	<p>3</p> <p>Schedule an afternoon retreat.</p>	<p>4</p> <p>Sleep for 8 hours tonight!</p>
<p>5</p> <p>Take a technology free day and enjoy a day with people you care about!</p>	<p>6</p> <p>Meal Plan Monday- Create your list of meals for the week or the whole month!</p>	<p>7</p> <p>Take a break! Relax your mind and body by doing some deep breathing exercises</p>	<p>8</p> <p>What is 1 thing you can do today to show love to someone else?</p>	<p>9</p> <p>Get outside and enjoy some sunshine!</p>	<p>10</p> <p>Take 15 minutes to catch up on your financial life. Do you need to pay bills or file anything?</p>	<p>11</p> <p>Take a 20 minute nap.</p>
<p>12</p> <p>Get some sunlight and plan 1 goal for the week that you can do outside!</p>	<p>13</p> <p>Do you need to replace your toothbrush? If so add it to your shopping list.</p>	<p>14</p> <p>Take a break! Do some stretching exercises to loosen you up.</p>	<p>15</p> <p>Aromatherapy day- enjoy your favorite scent with a candle, essential oil, diffuser</p>	<p>16</p> <p>Spend 15 minutes on a project you've been avoiding.</p>	<p>17</p> <p>Paint your toe nails, even if no one will ever see them!</p>	<p>18</p> <p>Take a 20 minute walk and enjoy the beauty of Spring!</p>
<p>19</p> <p>Have you set your goals for the week? Try 1 personal goal and 1 homemaking goal!</p>	<p>20</p> <p>Are you in too many Facebook groups? Eliminate a few.</p>	<p>21</p> <p>Take a break! Eat some fresh fruit or veggies as a healthy snack today</p>	<p>22</p> <p>Go to the library and read a magazine of your choice</p>	<p>23</p> <p>Delete duplicate or old contacts on your phone</p>	<p>24</p> <p>Schedule something you've been wanting to do in your calendar for next week!</p>	<p>25</p> <p>If money is tight, think of some new ideas to either save \$ or earn \$. It's Spring- can you have a yard sale?</p>
<p>26</p> <p>Have a picnic with your family, a friend, or your favorite furry pet!</p>	<p>27</p> <p>Do you have a first aid kit? If not, add 3 things to pick up at your next shopping trip to start one!</p>	<p>28</p> <p>What needs some nourishing in your life right now?</p>	<p>29</p> <p>Spend 15 minutes cleaning out email. You might not get done, but you can do a lot in 15 minutes!</p>	<p>30</p> <p>Spend 30 minutes planning your goals for May</p>		