

April 2016 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Do you have a mini-challenge planned for April? Mine is here -----></p>	<p>3</p> <p>Do you have any outside projects that need completed? Make a plan to finish those this week!</p>	<p>4</p> <p>Do you have everything you need to finish your taxes? Do you need to set up a better system for next year?</p>	<p>5</p> <p>Are you planning on gardening this year? Have you tried container or patio gardening?</p>	<p>6</p> <p>What energizes you? Schedule time this weekend to do it!</p>	<p>7</p> <p>Friendships are important! Schedule time to get together with a friend.</p>	<p>8</p> <p>Have you been to the library lately? Did you know that many have DVDs, CDs, and many other items to check out?</p>
<p>9</p> <p>Do you have a budget made for April? If it overwhelms you start by tracking how much you spend on food this week!</p>	<p>10</p> <p>As you put away winter items, are there any no longer want and can donate?</p>	<p>11</p> <p>Find a new podcast or YouTube video to listen to or watch this week that energizes you!</p>	<p>12</p> <p>Spend 10 minutes cleaning out your purse today!</p>	<p>13</p> <p>What can you do today to move you 1 step closer to a goal?</p>	<p>14</p> <p>Do something that makes you happy today!</p>	<p>15</p> <p>Celebrate the end of the week! Go out for supper or have a fun dessert at home!</p>
<p>16</p> <p>Spend some time outside today enjoying Spring!</p>	<p>17</p> <p>Vision boards are popular because they help keep us motivated to keep working on our goals. Make one today!</p>	<p>18</p> <p>Start the morning with a positive affirmation!</p>	<p>19</p> <p>Have you had a personal retreat lately? Is it time to schedule one?</p>	<p>20</p> <p>Do you have a notebook in your purse to catch your thoughts? Have you tried a bullet journal?</p>	<p>21</p> <p>Get 8 hours of sleep tonight!</p>	<p>22</p> <p>It's Earth Day here are ideas to do as a family: http://womenwithintention.com/5-earth-day-activities-family/</p>
<p>23</p> <p>Clean out your vehicle today! Throw some dryer sheets under your seat to make it smell good!</p>	<p>24</p> <p>Are you saving for retirement? Ask about contributing to your 401k!</p>	<p>25</p> <p>Put your phone on silent for an hour. Enjoy the quiet!</p>	<p>26</p> <p>Open the windows and enjoy the beauty of the day!</p>	<p>27</p> <p>What are your goals for May? Spend some time today thinking about them!</p>	<p>28</p> <p>Give 5 compliments today! Make it your goal to make someone smile!</p>	<p>29</p> <p>Do you have a mini-challenge planned for May? What area of your life would you like to work on?</p>
<p>30</p> <p>Don't forget to download May's self-care calendar!</p>						