

April 2022

SELF-CARE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Set your intentions for the month ¹	Cook your favorite dinner ²
Sit outside and relax ³	Meditate ⁴	Every hour take 3 deep, calming breaths ⁵	Find a healthy recipe & make the dish ⁶	Make progress on a project or task you have been avoiding ⁷	Ride a bike either indoor(exercise bike) or outdoor ⁸	Sleep in and/or take a nap ⁹
Sit still and observe your thoughts & emotions ¹⁰	Practice mindfulness ¹¹	Light a scented candle ¹²	Go on a 24-hour social media detox ¹³	Accomplish something you have been wanting to do ¹⁴	Write down a few of your favorite inspirational quotes ¹⁵	De-clutter one of your personal spaces ¹⁶
Get together with a friend for a fun activity of your choosing ¹⁷	Sit and breathe for 5 minutes ¹⁸	Paint your nails or get your nails done ¹⁹	Write down your hopes and plans for the future ²⁰	Write a letter to someone telling them how much you appreciate them ²¹	Celebrate Earth Day by doing a DIY project for it ²²	Try a new exercise video ²³
Spend time with family ²⁴	Write down 5 things you thankful for ²⁵	Complete a random act of kindness ²⁶	Read for at least 15 minutes ²⁷	Take a walk in nature ²⁸	Compliment yourself ²⁹	Write out your wins for the month ³⁰