

April. 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
Take time to be mindful, say a prayer, or meditate.

2
Use one of your personal strengths in a new way.

3
Challenge your negative thoughts & look for the upside.

4
Look for the good in people. notice their strengths.

5
Dwelling on something you can't change? Let it go.

6
List three things that will improve your mental health.

7
Get some fresh air. Take a walk. drink your coffee outside.

8
Write down your goals and steps for success.

9
Take a small step towards one of your goals.

10
Look around you. Notice five things that are beautiful.

11
Are you struggling? There is help if you need it.

12
Who do you trust & how can they help you.

13
Do three acts of kindness for other people.

14
Do something kind for yourself today.

15
Do something you like to do that you haven't had time for.

16
Avoid social media today. See how it makes you feel.

17
Get another step closer to one of your goals.

18
Say, "I love you," to the ones who matter most.

19
Start your morning with an affirmation.

20
Do something fun today!

21
Put away your devices & focus fully on who you're with.

22
Look for the good in people. notice their strengths.

23
Take ten minutes to sit still and just breathe

24
Take a different route today and see what you notice.

25
Switch off all your tech 2 hours before bedtime.

26
Write down 10 things you are grateful for in life and why.

27
Challenge yourself to stand up for what's right.

28
Look back and see what activity empowered you the most.

29
Reach out to someone you haven't talked to in a while.

30
What's holding you back? Confide in someone you trust.

