



# APRIL 2022 WELLNESS



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Be grateful for one thing today	2 Set your goal for the day
3 Take smaller bits of your meal today	4 Dance to your hearts desire	5 Celebrate small successes	6 Notice your conversations more	7 Practice breathing exercises	8 Get off your phone for 2 hours	9 Watch the sunset
10 Enjoy the fresh morning air	11 Try eating with the opposite hand	12 Take a different route	13 Write an encouraging note	14 Enjoy a good book	15 Laugh for no good reason	16 Stop Stressing, get up and move
17 Relax and enjoy your favorite tunes	18 Be more aware of different scents	19 Notice how you react to situations	20 Notice how you use your senses today	21 Write a journal entry about your day	22 Color outside the lines	23 Pay attention to how a shower feels
24 Talk to someone you normally would not	25 FREE DAY	26 Identify 3 things you are grateful for	27 Visualize a day going exactly how you want it	28 Have a meaningful conversation with your family	29 Turn the TV off and talk	30 Sit in silence and observe your thoughts