

# April Self-care Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Go out for a walk	2 Try cooking a new dish	3 Read a book/ Go to a bookstore	4 <b>Write five things you're grateful for</b>	5 <b>Inhale 1-2-3-4 Exhale 1-2-3-4-5-6-7 X 3 and repeat three times today</b>	6 Smile at three people who are not your friends or family
7 Read an article that or learn something new	8 Explore your neighborhood	9 <i>Daydream for five minutes</i>	10 Watch a funny YouTube video with babies or cats	11 <b>Give your skin some love with a face scrub or a mask</b>	12 Drink some herbal tea while listening to some relaxing music	13 Dance in your living room or bedroom today
14 Drink eight glasses of water	15 Sing in the shower	16 Take a nap	17 <i>Print five images that manifest your desires, pin them to your computer, stare at them often</i>	18 Stretch your back muscles while you breathe energy into them	19 <i>Do something kind for someone</i>	20 Read a magazine
21 Try a new food	22 Buy yourself something inexpensive that makes you smile	23 Do a five-minute guided meditation	24 <i>Make a list of things that cause you anxiety or fear and declare them dead. Then burn, shred or rip it.</i>	25 Buy some fresh flowers for the house	26 Watch the sunset or sunrise	27 Do a social media fast (four hours or more). Apply that time to something else you like.
28 <i>Set your intentions for the upcoming week and write them down</i>	29 Plant something	30 Start your day with an affirmation and repeat it through the day. <i>BOSS</i> release day				