

# APRIL 2024

## CREATE YOUR BEST LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Start your day naming three things for which you are grateful	2 Remember a challenge with a valuable lesson	3 Acknowledge the support of friends and loved ones	4 Incorporate the diversity and perspectives of others	5 List out your dreams, big and small. Pick one and work on it	6 Think of creative ways to make your goals happen
7 Notice small acts of kindness from others	8 Look for an unexpected opportunity to learn and grow	9 Spend time imagining that you've achieved a goal	10 Count your blessings before going to sleep	11 Take a leap and do or plan a dream activity	12 Value the moments of stillness in your day	13 Reflect on the beauty of nature around you
14 Express gratitude for the love in your life	15 Recognize the abundance in your surroundings	16 Thank a mentor or role model in your life	17 Appreciate the unique qualities of each season	18 Be grateful for your senses and their experiences	19 Think about a recent success, no matter how small	20 Appreciate the privilege of having choices in life
21 Reflect on the positive impact you've had on others	22 Value the opportunities that new challenges bring	23 Thank a coworker for their support or collaboration	24 Apply your strengths in a unique way at work or home	25 Write a thank-you note to someone who helped you	26 Express gratitude for the ability to make a difference	27 Recognize the love and joy in your closest relationships
28 Appreciate a simple pleasure you often overlook	29 Feel gratitude for your body and what it can do for you	30 Thank yourself for your resilience and inner strength			 <p><b>Ten</b> Minute Mindfulness Mindfulness Simplified <a href="http://www.TenMinuteMindfulness.com">www.TenMinuteMindfulness.com</a></p>	

**THESE ARE MY GOALS:**

**IDEAS TO ACHIEVE MY GOALS:**