

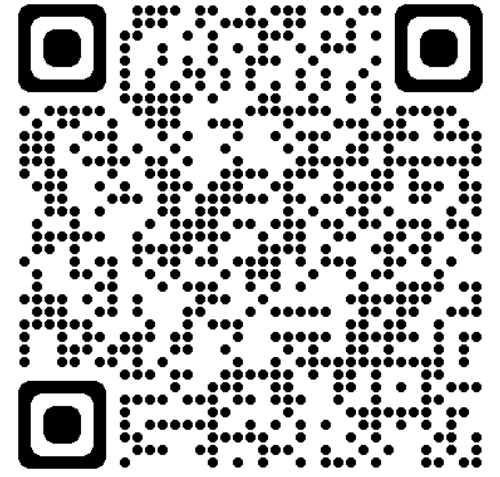
APRIL 2025

CREATE YOUR BEST LIFE

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

THESE ARE MY GOALS:

IDEAS TO ACHIEVE MY GOALS:



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