

# April 2020

FOCUS: Cultivating Optimism



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Spread kindness, share this calendar with a friend, family member or co-worker.	2 Focus on a positive change that you want to see in society.	3 Enjoy a coffee or tea outside in the sunshine.	4 Be kind to everyone today, even yourself.
5 Be a realistic optimist. See life as it is, but focus on what's good.	6 Make progress on a project or task you have been avoiding.	7 Do something to overcome an obstacle you are facing.	8 Remember that things can change for the better.	9 Share your most important goal with people you trust.	10 Thank yourself for achieving the things you often take for granted.	11 Make a list of things that you appreciate.
12 Find joy in completing a task you've put off for some time. {Easter}	13 Let go of expectations of others and focus on what matters.	14 Write down 3 specific things that have gone really well recently.	15 Share an inspiring idea with a loved one or colleague.	16 Recognize that you have a choice about what to prioritize.	17 Plan a fun or exciting activity to look forward to.	18 Ask yourself, will this still matter a year from now?
19 Be kind to yourself today. Remember progress takes time.	20 Start the week by writing down your top priorities & plans.	21 Find a new perspective on a problem you face.	22 Set a goal that links to your sense of purpose in life.	23 Think of 3 things that give you hope for the future.	24 Look out for the positive news and reasons to be cheerful today.	25 Take the first step towards a goal that really matters to you.
26 Avoid blaming others. Just find the best way forward.	27 Look for good intentions in people today.	28 Re-frame a problem you face as a potential opportunity.	29 Take time to reflect on what you have achieved this week.	30 Put down your To-Do list and let yourself be spontaneous.	1	2
3	4	Notes				