

# April 2021

## Finding the silver lining



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Savor the good around you - Take a walk and soak in the air.	2 Schedule a 10 minute mindfulness guided meditation.	3 Today's mantra - "I will make today a great day."
4 Practice a new healthy habit like drinking more water.	5 Start the day with a deep breath and peaceful, optimistic thoughts.	6 Make a photograph collage of your favorite things.	7 Create "kindness rocks" - paint a variety of rocks and leave them for others to find.	8 Send a card to a local nursing home for those who have no family.	9 Make a list of things you are looking forward to.	10 Avoid saying "must" or "should" to yourself today.
11 Ask yourself "What is the BEST thing that can happen?"	12 Respond to a difficult situation in a different way today.	13 Get outside and observe the changes in nature around you.	14 Change your normal routine today and notice how you feel.	15 Be creative. Cook, draw, paint, write, make or inspire.	16 Plan a new activity or idea you want to try out this week.	17 When you feel like you can't do something, add the word "yet."
18 Look at life through someone else's eyes and see their perspective.	19 Find a new way to help or support a cause you care about.	20 Connect with someone from a different generation.	21 Make a meal using a recipe or ingredient you've not tried before.	22 Set aside a regular time to pursue an activity that you love.	23 Use one of your strengths in a new or creative way.	24 Enjoy new music today. Play, sing, dance or listen.
25 Look for reasons to be hopeful, even in difficult times.	26 Notice how you speak to yourself. Try to use kind words.	27 Notice what is working today and be thankful that it is so.	28 Focus your attention on the good things you take for granted.	29 Stay fully present while drinking your coffee or tea.	30 Have a 'no plans' day and notice how that feels.	1
2	3	Notes				