

2022 APRIL

THE POSITIVITY PROJECT

"There are no great limits to growth because there are no limits to human intelligence, imagination, and wonder." -- Ronald Reagan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01 Declutter your workspace.	02 Set three goals for the upcoming week.
03 Make a music playlist for work.	04 Log off work by 5PM or when your work schedule ends today.	05 Spend 10-minutes doing a brain dump of new ideas.	06 Write a positive affirmation down and practice saying it out loud.	07 Write a letter to your future self to open in 2025.	08 Make an "I Did This" list and celebrate your accomplishments for the day.	09 Take a self-care day and devote the day to just YOU.
10 Make a new recipe or modify a trusted recipe for a spark of change.	11 Stretch for five minutes.	12 Begin tracking your sleep to improve your rest.	13 Do one thing you have been putting off.	14 Unfollow uninspiring social media accounts.	15 Be a model of integrity for young people.	16 To reduce bias in yourself, reflect on fairness, equality, and justice mean to you.
17 Sit in silence for ten minutes.	18 Make a mind/body/health plan.	19 Do one thing that scares you.	20 Learn five new vocabulary words.	21 Add a plant(s) to your work space.	22 Make a gratitude jar for your household to fill.	23 Take a movement break during the day.
24 Complete this sentence, "This week I want to feel..."	25 Celebrate a win from March.	26 Immerse yourself in a puzzle such as Sudoku or a word search.	27 Make a list of things you "wonder" about	28 Spend thirty-minutes reading or listening to something uplifting.	29 Listen to an informative podcast or TEDtalk.	30 Start tracking weekly habits.
01	02	03	04	05	06	07
<i>"Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human experience."- E. E. Cummings</i>						