

APRIL 2021 - SELF-CARE CALENDAR

				Take just 10 minutes for yourself 1	Go for a walk outside 2	Spring cleaning  3
Happy Easter! Enjoy the holiday 4	Journal  5	Spend a few minutes meditating 6	Spend time reading a new book 7	Eat a meal outside 8	Open the windows 9	Plan healthy meals for next week 10
Redecorate a room 11	Limit your screen time 12	Spend some extra time taking care of your skin 13	Buy yourself flowers 14	Do yoga  15	Practice gratitude 16	Go for a picnic 17
Wash your car  18	Do a random act of kindness 19	Eat your vegetables 20	Buy a new houseplant 21	Treat yourself 22	Spend some time outside 23	Plan a day-trip 24
Try a new hobby 25	Diffuse spring-themed essential oils 26	Make a meal with fresh spring produce 27	Enjoy fruit-infused water  28	Plan your summer or spring garden 29	Take a break from social media 30	