

Meditate/exercise.

Write down 3 things you’re grateful for and write them down.

Try not to complain the whole day.

Wear your favourite outfit.

Add to your list of accomplishments.

Think about all the good things in your life whilst drinking your morning tea/coffee.

Do an act of kindness

(face to face or social media).

Take deep breaths and set one solid goal for your day.

Make the effort to learn something new.

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Look for good in every encounter.

Reflect on April and set some goals for May.

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there

and you’re halfway

april.

tayba.co

Believe you can

List your reasons to smile.

and smile of course.

Do 3 things to bring joy to other people.

Have a spa/pamper day.

Buy yourself some flowers (and chocolates).

Take a day off social media.

Organise and declutter your workspace or bedroom.

Cook your favourite meal for yourself.

Find a charity whose values you share and donate.

Do something you’re passionate about.

Plan a date with a family member/friend.

Focus on being kind instead of being right.

Do something different to celebrate lockdown easing.

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