

# FINDING HAPPILY CALENDAR: AWAKENING APRIL 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

OUR CALENDARS ARE FILLED WITH THINGS YOU CAN DO TO BRING ABOUT MORE LOVE, JOY AND HAPPINESS INTO YOUR LIFE

**5** Doing something fun that's non work related


**6** Make a meatless meal tonight

**7** Make a wish when you see the full moon 

**8** Download a language app & learn a new language

**9** Celebrate Life

**10** Say a prayer for someone who needs it

**11** Write down 20 things you are grateful for 

**12** Make a Sunday Feast 

**13** Discover something new about yourself

**14** Be Innovative!

**15** Learn to appreciate what really matters!

**16** Sign up for our FREE online webinar 

**17** Bake some goodies for the weekend

**18** Write someone a letter and mail it to them

**19** Sleep in late 

**20** Learn something new today!

**21** Expand your social network by 5

**22** Style your hair differently & take a selfie

**23** Get organized! Start with your home office

**24** Meet up at a virtual happy hour

**25** Organize your closet set some things aside to donate

**26** Cook a new recipe with healthy ingredients

**27** Clean up your emails

**28** Wear a fun color then take a selfie

**29** Do some Tai-chi, Qigong or stretch

**30** Forgive someone who hurt you!

**31** Don't complain about anything the entire day