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2017

April 2017 - Drip, drop little April showers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<p>1 Be no April Fool today, although have fun!</p>	<p>2 Rest day Sunday how do you rest best?</p>
<p>3 Resilience is about how you rest before starting again</p>	<p>4 What needs your resilience & focus right now?</p>	<p>5 List 3 things that are important to do today</p>	<p>6 List 3 things that are not in your control, then let go</p>	<p>7 Only focus on what you have direct control over</p>	<p>8 Focus your attention on what really matters</p>	<p>9 What matters today is resting, so rest and play</p>
<p>10 Motivation Monday, start your week right</p>	<p>11 Today seek 3 things that you could declutter</p>	<p>12 Decluttering creates space for happiness</p>	<p>13 Affirm, 'As I let go, I am at greater peace'</p>	<p>14 If you celebrate, it's Good Friday. What is good?</p>	<p>15 A family weekend so play and BE together</p>	<p>16 Find someone to give an Easter Egg to today</p>
<p>17 As you enter a new week, set a happy intention</p>	<p>18 Do 1 thing today that makes YOU happy</p>	<p>19 Happiness ripples are created 1 heart at a time</p>	<p>20 Every day you can shape the happiness of others</p>	<p>21 Nature is our natural feel good medicine - enjoy!</p>	<p>22 International Mother Earth Day. Be out in nature.</p>	<p>23 Find ways to enjoy being outside today</p>
<p>24 Start your week with a positive thought about you</p>	<p>25 A week for putting yourself on the 'To Do' list.</p>	<p>26 Take time today for you, however great or small</p>	<p>27 Affirm, 'I am already perfect, just as I am'</p>	<p>28 Build mental muscle; repeat yesterday's action</p>	<p>29 Weekend warfare or wind-down time? You choose!</p>	<p>30 April reflections and May preparations</p>