



# April 2022



## Energy shifting ideas and Random Acts for Passionate Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Make it a habit of including healthy choice in your daily diet.	2 <b>Use impeccable words that empower yourself and those around you.</b>
3 <b>Who's birthday or anniversary is it this month? Remember them with a handwritten card.</b>	4 Pick up any litter you see on the street on your walk home.	5 Write a list of three goals you would like to accomplish this quarter or this year.	6 <b>Unload your trunk, metaphorically. Release old hurts, grudges and stories that clog your mind.</b>	7 Collect some umbrellas to hand out to strangers the next time it rains.	8 Get festive, decorate for the season or the holiday.	9 Write a list of five goals you would like to accomplish in your life.
10 Use reusable grocery bags and hand a few extras out to other shoppers.	11 <b>Take a few minutes to plan out your day or prioritize your to-do list</b>	12 <b>Reset with a positive podcast, or music for inspiration.</b>	13 Do an act of kindness for someone & encourage them to pay it forward.	14 Get active, move, and stretch — even if you're stuck indoors.	15 Make the appointment you've been putting off with _____.	FULL MOON 16 Release items or things that no longer serve. Who can you donate to?
17 Invite in the possibilities Smile at everyone you see.	18 Plan to do one thing outside your comfort zone one day this week.	19 Colored pens close by add a fresh twist on your energy at any given moment.	20 Challenge yourself to try a new activity, such as gardening or try a new recipe.	21 Walk or ride a bike to work to help reduce your carbon footprint.	22 <b>I am _____.</b> <b>(You fill in the blank)</b>	23 Reconnect with a long lost friend or relative.
24 Put your worries into perspective. Will worry change it? Allow 30 minutes with not 1 worry. let	25 <b>Set positive intentions for this week in your My Daily Drive journal</b>	26 Take a movement break during the day.	27 Place a bird feeder or bird bath in your backyard.	28 <b>Think on paper, it does wonders.</b>	29 Plan a fun date night, with some one or with yourself.	30 Where can you find the humor? Did you laugh
31 What ENERGY SHIFTING IDEA DO YOU HAVE?						