



# THE DAILY DRIVE

*with Denise*

*move forward*



# April 2021



## Energy shifting ideas and Random Acts for Passionate Living

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Make it a habit of including healthy choices in your daily diet.	<b>Use impeccable words that empower yourself and those around you.</b>
	<a href="http://www.theDailyDriveWithDenise.com">www.theDailyDriveWithDenise.com</a>					
EASTER PASSOVER ENDS 4	5	6	7	8	9	10
<b>Who's birthday or anniversary is it this month? Remember them with a handwritten card.</b>	Pick up any litter you see on the street on your walk home.	Write a list of five goals you would like to accomplish in your life.	<b>Unload your trunk, metaphorically. Release old hurts, grudges, and stories that clog your mind.</b>	Collect some umbrellas to hand out to strangers the next time it rains.	Get festive, decorate for the season or the holiday.	Write a list of five goals you would like to accomplish in your life.
11	12	13	14	TAX DAY 15	16	17
Use reusable grocery bags and hand a few extras out to other shoppers.	<b>Think on paper, it does wonders.</b>	<b>Listen to The Daily Drive with Denise Podcast for inspiration.</b>	Do an act of kindness for someone & encourage them to pay it forward.	Get active, move, and stretch — even if you're stuck indoors.	Make the appointment you've been putting off with _____.	Replace your light bulbs with energy efficient ones and hand out a few for friends to use.
18	19	20	21	22	23	24
<b>Smile at everyone you see.</b>	Plan to do one thing outside your comfort zone each day this week.	Colored pens close by add a fresh twist on your energy at any given moment.	Challenge yourself to try a new therapeutic activity, such as gardening.	Walk or ride a bike to work to help reduce your carbon footprint.	<b>I am _____.</b> <b>(You fill in the blank)</b>	Reconnect with a long lost friend or relative.
25	FULL MOON 26	27	28	29	30	
Put your worries into perspective and try to let them go for today.	<b>Set positive intentions for this week in your My Daily Drive.</b>	Find positive news to consume.	Place a bird feeder or bird bath in your backyard.		Plan a fun date night.	

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*with Denise*