



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

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EASTER PASSOVER ENDS Who's birthday or anniversary is it this month? Remember them with a handwritten card.	4	5	6	7	8	9	10
	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.	Unload your trunk, metaphorically. Release old hurts, grudges, and stories that clog your mind.	Collect some umbrellas to hand out to strangers the next time it rains.	Get festive, decorate for the season or the holiday.	Make it a habit of including healthy choices in your daily diet.	Use impeccable words that empower yourself and those around you.
11	12	13	14	TAX DAY	15	16	17
Use reusable grocery bags and hand a few extras out to other shoppers.	Think on paper, it does wonders.	Listen to The Daily Drive with Denise Podcast for inspiration.	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	
Smile at everyone you see.	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.	I am _____. (You fill in the blank)	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.	Set positive intentions for this week in your My Daily Drive.	Find positive news to consume.	Place a bird feeder or bird bath in your backyard.		Plan a fun date night.		THE DAILY DRIVE <i>with Denise</i>