APRIL

# A Month of Positive Psychol...

Savoring the moment. One small habit for well-being a day.

2027

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | 1 Eat something slowly and notice every taste | 2 Take a short walk and notice three beautiful things | 3 Pause for one minute and feel your breath | 4 Savor your first sip of a drink |
| 5 Listen to a song with your eyes closed | 6 Notice five things you can see right now | 7 Feel the sun on your face for two minutes | 8 Wash your hands and notice the water | 9 Notice how your body feels when you sit down | 10 Look at one object for a full minute | 11 Do one chore with your full attention |
| 12 Smell something good and breathe it in | 13 Take a photo of one beautiful thing | 14 Walk slowly for five minutes | 15 Stop and enjoy the end of a good task | 16 Notice the sounds around you for one minute | 17 Describe a happy moment to a friend | 18 Enjoy a quiet cup of tea or coffee |
| 19 Look at the sky without your phone | 20 Notice how it feels to be kind | 21 Eat a meal without screens | 22 Savor the feeling of finishing something | 23 Look at an old photo for one whole minute | 24 Notice three small pleasures today | 25 Slow down while you brush your teeth |
| 26 Feel your feet on the ground | 27 Take three deep breaths before a meeting | 28 Spend ten minutes outdoors with no goal | 29 Notice something you usually walk past | 30 Notice what you enjoyed most this month | | |