

04 APRIL



REACHING HIGHER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Personal Practice	2 Resolution Work	3 Meditate for twenty minutes.	4 Spend at least 20 minutes studying a religious or spiritual book.	5 Reflect on your relationship with your higher power through writing or prayer.	6
7	8 Personal Practice	9 Resolution Work	10 Have a cleansing fast from food and drink today.	11 Listen to relaxing/spiritual music while getting ready for the day.	12 Do one thing to make an effort to forgive someone in your life.	13
14	15 Personal Practice	16 Resolution Work	17 Express gratitude to three people today.	18 List the 5 most important parts of your life. Reflect on your priorities.	19 Memorize an inspiring quote or scripture. (It can be short!)	20
21	22 Personal Practice	23 Resolution Work	24 Help someone in need.	25 List 3 things that give you meaning. Do something to increase meaning in 1 area.	26 Say a prayer of gratitude.	27
28	29 Personal Practice	30 Resolution Work				