

# APRIL

I CAN'T CHANGE THE DIRECTION OF THE WIND, BUT I CAN ADJUST MY SAILS TO ALWAYS REACH MY DESTINATION.

SUN	MON	TUE	WED	THU	FRI	SAT
						Make a goal to finish by summer
	Create a playlist with upbeat music			Take a walk alone.		
			Change the energy of your home			Make a fruit dish
Visit a farmers market		Try a new workout class			Go easy on yourself.	