

MAKE EACH MORNING MAGICAL

Life can be challenging, but your mornings don't have to be. The quiet that comes before others awake is an excellent time to charge our brains, enjoy some quiet reflection, and embrace the day to come. Enjoy the world in a new light this month. [alive.com/wellnesschallenge](https://www.alive.com/wellnesschallenge)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>APRIL 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p>JUNE 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								<p>Move your alarm away from your bed to avoid hitting snooze</p> <p>1</p>
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<p>Lay out your clothes the night before</p>  <p>2</p>	<p>Plan a fun podcast or music to listen to when you wake up</p> <p>3</p>	<p>Get fresh air and natural light in the morning</p> <p>4</p>	<p>Cinco de Mayo</p>  <p>Make your bed</p> <p>5</p>	<p>Prep your coffee pot (or tea) the night before</p> <p>6</p>	<p>Have a leisurely bath before bed</p>  <p>7</p>	<p>Resist the temptation of a Saturday sleep-in</p> <p>8</p>																																																																																				
<p>Mother's Day</p> <p>Make your mornings easier by preparing your meals beforehand</p> <p>9</p>	<p>Start stretching the moment you get out of bed</p> <p>10</p>	<p>Get flexible and try a new yoga routine</p>  <p>11</p>	<p>Take your morning fitness to the next level</p> <p>12</p>	<p>Wake up earlier for a relaxing sunrise walk</p>  <p>13</p>	<p>Try gardening first thing in the morning</p> <p>14</p>	<p>Kick off your day with a quick run around your neighbourhood</p>  <p>15</p>																																																																																				
<p>Write down 3 things you're grateful for</p> <p>16</p>	<p>Make a to-do list for the day</p>  <p>17</p>	<p>Do a morning meditation or deep breathing</p> <p>18</p>	<p>Eat breakfast or drink coffee outside</p>  <p>19</p>	<p>Sip a smoothie with veggies, fruit, and protein powder</p> <p>20</p>	<p>Read a book or listen to a podcast</p>  <p>21</p>	<p>Diffuse essential oils or light a candle</p> <p>22</p>																																																																																				
<p>Pentecost</p> <p>Don't default to Zoom</p> <p>23 30</p>	<p>Victoria Day (Canada)</p> <p>Limit your virtual meeting time</p> <p>24 31</p> <p>Memorial Day (US)</p>	<p>Look for low tech ways to do things</p>  <p>25</p>	<p>Take a digital break all evening</p> <p>26</p>	<p>Move your body (at least 20 mins)</p>  <p>27</p>	<p>Don't watch TV in bed</p> <p>28</p>	<p>Set a timer when you are on social media</p>  <p>29</p>																																																																																				