



APRIL 2022

Inspiration Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	31	31	1 Spice up your Friday with this tasty & healthy taco recipe .	2 Be inspired by people caring for Ukrainian refugees .
3 Devour the tasty works of these Instapoets for National Poetry Month.	4 Crisp up your spring cleaning routine.	5 Pick up a new hobby! Here are some fun ideas to dig into.	6 Bite into a sex education class online.	7 Watch Timothée Chalamet rap as Lil Timmy Tim.	8 Toast to more neurodiversity in the workplace!	9 Let's change the world .
10 Chew on these easy ways to improve your physical health .	11 Spruce up your resume & get that job you've been drooling over.	12 Drink more water (and find out how much you really need).	13 Download one of these fitness apps to get stronger.	14 Enjoy your morning toast in one of these dream destinations .	15 GOOD FRIDAY Slather on the kindness & help the people of Ukraine.	16 Give your heart health a boost.
17 EASTER SUNDAY We hope your day is as sweet as strawberry jam!	18 Still working from home? Here's how to stay motivated!	19 Watch a film about youth mental health.	20 Add slice of self-care to your days with these apps.	21 Find out what the deal is with NFT art .	22 EARTH DAY Nibble on these 5 ideas to help our planet.	23 How to support AAPI communities.
24 Crystals - weird or worth trying? We dig into this topic here .	25 We're toast if we don't ditch fast fashion! Here's how to do it .	26 Make your relationship toasty with tips from one of these books .	27 Sprinkle some wellness onto your days - start journaling .	28 Savor a book club date with your special person.	29 Spread the word about this piping hot new scholarship .	30 Celebrate National Adopt a Shelter Pet Day .
1	2	3	4	5	6	7

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Spreading positive, inspiring, helpful stories you'll want to bite into.