

*I put work
behind my
prayers*

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APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Put yourself first!	2 Make time to enjoy a passion
3 Clean up your space	4 ★ Name one thing you're going to stop talking about and start doing	5 Ask for what you need	6 Ignore all negativity today - focus on the positive!	7 Recognize a negative pattern and set an intention to correct it	8 Work towards one of your 2022 goals	9 ★ Show love to a small business
10 Do a 5 minute meditation on gratitude	11 ★ Take a calculated risk	12 Make a list of 5 things you love to do	13 Refrain from gossiping or speaking negatively	14 ★ Define what success means to you	15 Listen to one of your favorite music albums	16 Take a walk around your neighborhood
17 Spread positive energy EASTER SUNDAY	18 Write down something that is weighing on you	19 ★ Literally, stop and smell the flowers	20 Take 10 deep breaths	21 Learn about a Black Entrepreneur	22 Stand up for something you believe in EARTH DAY	23 ★ Have a mini photoshoot - you're beautiful!
24 Journal about your blessings	25 ★ Get some work done outside	26 Listen to a song that makes you feel grateful	27 Forgive yourself!	28 Stretch for 10 minutes before bed	29 Daydream!	30 ★ Identify one thing that happened this month that brought you joy

On days marked with a ★ share how you're participating and enter to win a prize from one of our BLACK BUSINESS collaborators. Can you collect all 8 stars?

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