Tell a cheesy joke
April Fools Day

Take a walk outdoors

Donate any amount of money towards a charity of your choice

Read ahead for your classes or work

Be early to your interview or meeting

Use the stairs instead of the elevator

Reach out to a friend you haven’t spoken to in a while

Embrace the day and a relaxed weekend

Turn off the AC and open windows

Make your meals instead of purchasing them

Look into the local and global current events

Have a good attitude going into work

Do 10 pushups when a commercial comes on tv

Make plans with family and friends

Tell yourself “I love you” anytime you look in the mirror

Tell mother nature you appreciate her in any way you see fit

Put $5 into your savings account

Finish the first priority task of your daily goals

Respond to all emails received today

Bike in your local neighborhood

Have an open discussion about life with anyone

Think positives only to begin the week

Recycle and remind others to do so

Make notes of any payments that are due

Prepare for an Exams/Presentation/or meeting

Go to a dance or yoga class

Smile to spread happiness to others

Have a cookout

Mediate for a few moments of peace

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