

Grow



Scan the QR code at the end of the month to share a highlight!



APRIL

Learning and expanding

2026 daily self-care calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Read or listen to an entire book this month.	2 Thrive Thursday! Try a new fitness routine today.	3 Download a microlearning app to learn a new skill.	4 Sign up for something you have been wanting to try.
5 Journal prompt: Make a list of ways you would like to grow this year.	6 Reflect on a skill you'd like to grow – then take one step toward it.	7 Explore trainings and classes on KP Learn. learn.kp.org	8 Ask a colleague for a non-fiction book recommendation.	9 Thrive Thursday! Find a new playlist to listen to that boosts your mood.	10 Spend time doing a creative activity, such as drawing or playing an instrument.	11 This weekend try a new restaurant or food.
12 Journal prompt: Reflect on a failure. What did you learn from it?	13 Focus on stepping outside your comfort zone by saying "yes" this week.	14 Reach out to someone you admire for an informational interview.	15 Challenge your thinking. Read or watch something from a different point of view.	16 Thrive Thursday! Try a new way to move – dance, stretch, or explore.	17 Watch an educational video or documentary. (Reality TV doesn't count.)	18 Make art (without judgement). Paint, draw, collage, etc. Just have fun and enjoy the process.
19 Journal prompt: What is something you have been scared to do? Why?	20 Schedule time every day this week to focus on learning.	21 Learn about your spending habits. Download a budgeting app to track.	22 Ask a colleague or friend for feedback on your strengths and areas to grow.	23 Thrive Thursday! Go for a walk somewhere new.	24 Learn about your retirement benefits. kp.org/retirement	25 Find an inspiring podcast to listen to.
26 Journal prompt: What did you learn or discover this month?	27 Visit your local public library sometime this week.	28 Ask your manager about potential growth opportunities.	29 Reach out to a friend or colleague that motivates you.	30 What did you learn this month? Scan the QR code to share.		