

30-DAY CHALLENGE

# MY LIFE WELL LOVED

APRIL 2020

S	M	T	W	TH	F	S
			1 Write notes of encouragement for neighbors!	2 Bake something	3 Watch a movie with your family	4 Listen to a new podcast
5 Make your meal plan for the week	6 Try a new workout	7 Do an easy sensory activity with your kids	8 Make a Tik Tok or IG story to entertain your friends and family	9 Match up your tupperware and lids & get rid of the rest	10 Spend some quiet time reading your favorite devotional	11 FaceTime or Zoom call your friends for happy hour or game night
12 Write out 5 things you're grateful for	13 Create a bucket list of things you want to accomplish in the upcoming weeks/months	14 Make a donation (my personal suggestion is @frontlineheroes)	15 Try a new coffee recipe	16 Read a chapter in a book	17 Call someone you love	18 Support a local business
19 Organize kids arts and crafts supplies	20 Do curl ups or squats with random objects in your house	21 Bullet journal throughout your day	22 Try a new recipe for dinner	23 Clean makeup brushes	24 Take the enneagram test	25 Take a 30 minute walk outside and get fresh air
26 Do a face mask, tweeze your eyebrows, or something self care related	27 Have a dance party!	28 Go on a scavenger hunt with the kids	29 Purge your phone of extra photos & apps	30 Make a memory book of your favorite photos		

hydration tracker



fitness tracker



“Because He bends down to listen I will pray as long as I have breath!”  
Psalm 116:2