

February '24

	Mental	Sensory	Emotional	Social	Creative	Spiritual	Physical
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Try a new hobby or project today	2 Spend some time in nature	3 Go for a walk
4 Spend 1 hour unplugged (no technology)	5 Close your eyes, breathe deeply for 1 minute	6 Respond honestly when someone asks "How are you?"	7 Observe or interact with an animal/pet	8 Take a picture that reminds you of the verse	9 Write an affirmation based on the verse	10 Spend 5 minutes stretching	
11 Observe the people around you and pray for them	12 Light a candle or sit with your favorite smell today	13 Write about a time when you felt at rest	14 Have a conversation with a friend	15 Spend 30 minutes away from a project or problem	16 Sign up to volunteer with an organization you value	17 Take a short nap	
18 Spend some time in nature	19 Spend some time in silence	20 Write down a moment you tried something new	21 Give someone a compliment	22 Find local art in your community	23 Write a prayer based on the verse	24 Spend 5 minutes being still	
25 Stay off social media today	26 Enjoy a favorite food	27 Listen to your favorite song	28 Write down names of people who bring you peace	29 Find God in nature			

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
Philippians 4:6-7

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest"
Matthew 11:28

"The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord"
Isaiah 11:2

"For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore, the Lord blessed the sabbath day and consecrated it"
Exodus 20:11

"Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls"
Matthew 11:29