

# March "24

"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

"Be still and know that I am God."  
Psalm 46:10a

"Truly my soul finds rest in God;  
my salvation comes from him.  
Truly he is my rock and my salvation;  
he is my fortress, I will never be shaken."  
Psalm 62:1-2

"Out of the depths I cry to you, Lord;  
Lord, hear my voice.  
Let your ears be attentive  
to my cry for mercy."  
Psalm 130:1-2

"The Lord is in his holy temple;  
let all the earth be silent before him."  
Habakkuk 2:20

"You have searched me, Lord,  
and you know me.  
You know when I sit and when I rise;  
you perceive my thoughts from afar."  
Psalm 139:1-2

Mental	Sensory	Emotional	Social	Creative	Spiritual	Physical
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Write a thank you note to someone	2 Unclench your jaw, release your shoulders, take a deep breath
3 Spend 5 minutes de-cluttering your home	4 Take a different route to work today	5 Write down 3 things you are good at	6 Pray for the people of peace in your life	7 Schedule "self-care time" for this upcoming week	8 Ask someone how you can pray for them	9 Add 1 new thing to your sleep routine for the next month
10 Stay off social media today	11 Open your blinds or go outside & spend 10 minutes in the sunlight	12 Take some time to be alone today	13 Schedule dinner or coffee with a friend	14 Take a walk on your lunch break or after work	15 Spend 1 minute looking at the clouds or the stars	16 Spend 3 minutes being still
17 Write down 3 things you're grateful for	18 Find a flower and smell it	19 Go for a walk outside	20 Give someone a compliment	21 Unfollow social media accounts that you compare yourself to	22 Write down 3 places you saw God today	23 Spend 1 minute deep breathing
24 Pray for 3 people in your life	25 Close your eyes, breathe deeply for 1 minute	26 Check in: How are you really feeling today?	27 Take 1 thing off your calendar	28 Find God in nature today	29 Ask a loved one about their faith journey	30 Spend 5 minutes stretching
31 Spend 1 hour technology free						