

# April '24

	Mental	Sensory	Emotional	Social	Creative	Spiritual	Physical
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"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</p>		1 Enjoy a favorite food	2 Write down a moment you tried something new	3 Pray for the people of peace in your life	4 Find local art in your community	5 Write a thank you note to someone	6 Spend 3 minutes being still
<p>"Sing to him a new song; play skillfully, and shout for joy." Psalms 33:3</p>	7 Write down 3 things you're grateful for	8 Close your eyes, breathe deeply for 1 minute	9 Take some time to be alone today	10 Give someone a compliment	11 Take a walk on your lunch break or after work	12 Ask someone how you can pray for them	13 Add 1 new thing to your sleep routine for the next month
<p>"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." Psalm 23:1-2.</p>	14 Spend 5 minutes de-cluttering your home	15 Find a flower and smell it	16 Check in: How are you really feeling today?	17 Take 1 thing off your calendar	18 Schedule "self-care time" for this upcoming week	19 Spend 1 minute looking at the clouds or the stars	20 Unclench your jaw, release your shoulders, take a deep breath
<p>"Create in me a clean heart, O God; and renew a right spirit within me." Psalm 51:10-12</p>	21 Spend 1 hour technology free	22 Take a different route to work today	23 Go for a walk outside	24 Schedule dinner or coffee with a friend	25 Find God in nature today	26 Write down 3 places you saw God today	27 Spend 1 minute deep breathing
<p>"they shall run and not be weary; they shall walk and not faint." Isaiah 40:29-31</p>	28 Pray for 3 people in your life	29 Open your blinds or go outside & spend 10 minutes in the sunlight	30 Write down 3 things you are good at				