

unfollow 5 media accounts	Forgive yourself	Donate to the food bank	Read a poem	meditate
follow 5 people who inspire	Name 40 things thankful for	skip the web!	give up something	read a book
Imagine God loving you	ask for something you need	Matthew 11:28-30	donate books you don't need	pray for an enemy
donate forty things	make a prayer habit	read John	Silence (no radio etc)	Repent - Read Amos 5
get to know a neighbour	Learn the Jesus prayer	get up early to pray	Go outside!	plant something

ask for something you need	Imagine God loving you	donate books you don't need	skip the web!	Forgive yourself
unfollow 5 media accounts	give up something	meditate	get to know a neighbour	Go outside!
get up early to pray	read a book	Name 40 things thankful for	Read a poem	invite someone for dinner
watch the sunset -no pics!	plant something	pray for an enemy	Matthew 11:28-30	make a prayer habit
Donate to the food bank	follow 5 people who inspire	take bags and coffee cup	Learn the Jesus prayer	write a lament

watch the sunset -no pics!	Name 40 things thankful for	Go outside!	plant something	give up something
Read Psalm 51	write a lament	Forgive yourself	unfollow 5 media accounts	follow 5 people who inspire
Matthew 11:28-30	meditate	donate books you don't need	Read a poem	get up early to pray
ask for something you need	Repent - Read Amos 5	make a prayer habit	take bags and coffee cup	Read Psalm 139
pray for an enemy	donate forty things	Donate to the food bank	Learn the Jesus prayer	get to know a neighbour