

Summer Blessings week of _____



Please be ready to start your day by 10:00. Eat, get dressed, make your bed, brush teeth. Do all things below with a grateful heart!

Bless your MIND

- _____ Read to self at least 30 minutes a day
- _____ Read to a younger sibling or pet
- _____ 30 Minutes of brain work (puzzle, brain teasers, write in journal, brain game)



Bless Your BODY

- _____ Run a mile in under 10 minutes
- _____ 25 push-ups, 50 sit ups, 1 min. planks (2 x)
- _____ Up your game for an hour a day (25 free throws, 15 lay-ups, hit off tee, rebounder etc.)



Bless Your SOUL

- _____ Read your bible or devotional for 10 minutes.
- _____ Meditate for 5 minutes
- _____ Sing/play instrument for 20 minutes

Weekly

- _____ Swim a 100 meter
- _____ Act of Kindness (write a letter, take someone flowers, make cookies/food for someone, help a neighbor)
- _____ Help prepare a healthy meal
- _____ Fun Family Activity!!!