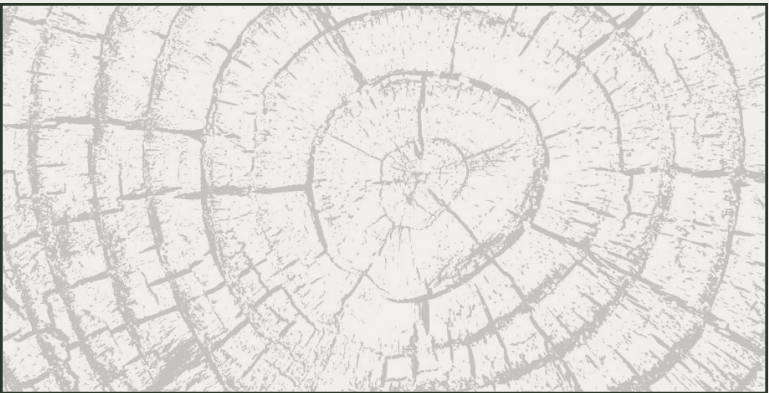


## Move for 30 Minutes Each Day

*Count your steps, start a Couch-to-5K training plan, if you're already a runner, start a training plan to increase your pace, take dance lessons, play tag, go on a prayer walk around your neighborhood, etc.*



---

# Physical

4,383

# Yearly Physical Exam

2021

2022

2023

2024

2025

2026

2027

2028

2029

2030

2031

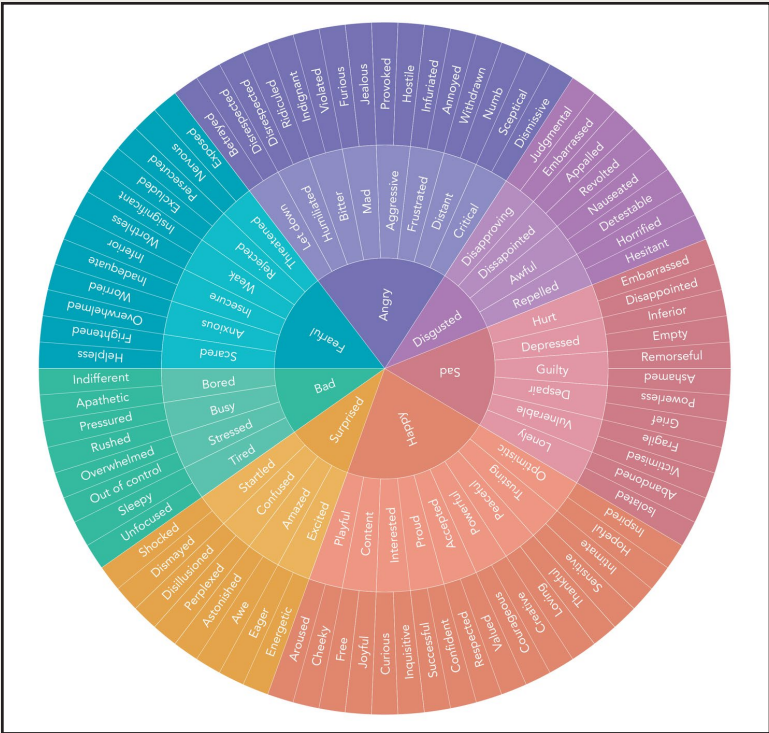
2032

---

# Physical

# Check In With Yourself

How are you feeling and why?



**4,383**

---

# Vulnerability Whirlpool

*Become more vulnerable in 6 steps.*

**01** Get to know your feelings by describing them each day (probably in a journal).

**02** Tell your friends how you really feel.

**03** Ask your friends how they really feel.

**04** Process with someone more emotionally mature than you when things don't meet your expectations.

**05** Give yourself permission to feel proud or guilty because of what you've done (either way give it to God).

**06** Tell someone when they hurt you.

**Repeat.**

01

02

03

04

05

06



---

# Emotional

## Plan A Party

ONE MONTH +

- Choose Date, Place & Time
- Decide on Guest List
- Send Invitations
- Create Menu or Coordinate Caterer
- Purchase or Make Decorations

ONE WEEK OUT

- Confirm Guests
- Make Party Playlist
- Recruit Help
- Buy Food/Drinks

DAY OF

- Set Up Decorations
- Clean the House
- Chill Beverages

---

# Social

4,383

# Join Something New Every Year

*Check in with yourself at 3, 6 and 9 months.*

*Consider the following questions:*

What is bringing me joy in this season?

How can I be more of service?

Am I engaged with my community in a meaningful way?

What activities would add value to my family life?

Am I engaging with things I'm passionate about regularly?

What hobbies are interesting to me right now?

How can I challenge myself?

When was the last time I met someone new?

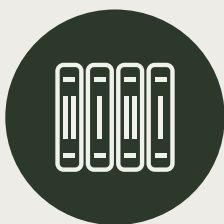
---

## Social

52

# Read for 20 Minutes

*The old-fashioned way.  
No blue light allowed!*



---

# Intellectual

4,383

# Reading Log

TITLE / AUTHOR:

RATING



SUMMARY

---

---

---

REVIEW

---

---

---

WHO WOULD I RECOMMEND THIS TO?

---

---

---

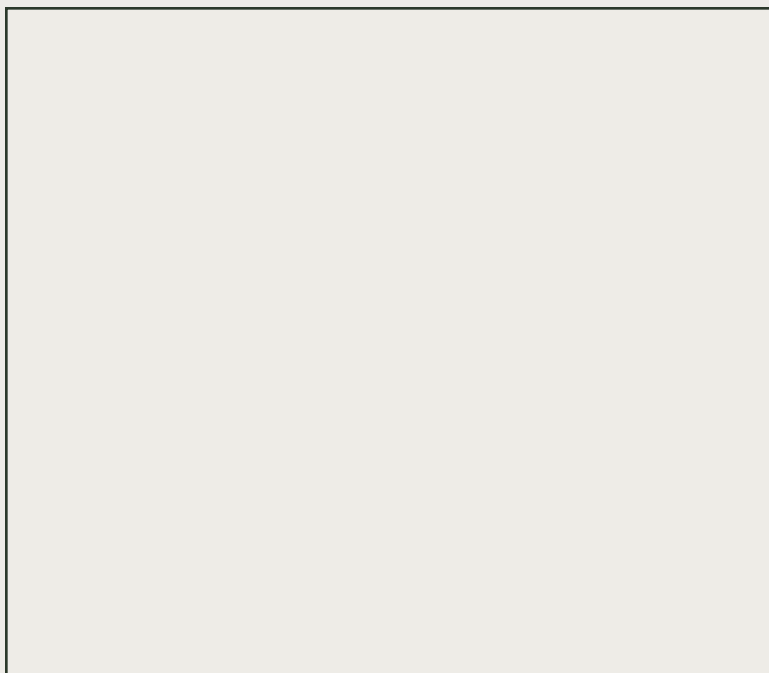
# Intellectual



**52**

# What Are You Grateful For?

*Create a collage of gratitude over the next 52 days.  
Illustrations encouraged.*



---

**Spiritual**

4,383

# Find a Life Verse

01

*Ask 7 people what their favorite verse is.*

02

*Pay attention to recurring themes in your life & use Google to search relevant Bible passages.*

03

*Highlight verses in your Bible that resonate with you.  
Research historical context.*

04

*Choose a favorite Psalm, Proverb, Word of Jesus & other  
New Testament verse.*

05

*Pray about it! The Holy Spirit is your greatest partner.*

---

# Spiritual

Kiss Everyday  
& Say —

*“Thank you for  
marrying me.”*

---

**Marriage**

**4,383**

# Plan a Trip or Experience

*Work together to plan a trip 12 years from now.*

**01**

Brainstorm ideas for where you'll go or what you'll do.

**02**

Identify a budget & make a plan to save each month towards that goal.

**03**

Have fun researching activities and local restaurants you want to try.

**04**

Plan a secret date night for the other person while on your trip.

**05**

Set calendar reminders to buy your tickets.

**Have fun!**

---

# Marriage

## Family Fun Nights

*Write the following items on strips of paper and pull one question and one experience from a hat per week.*

### QUESTIONS

- What is your favorite thing about yourself?
- Would you rather take a picture or be in the picture?
- What is your favorite letter of the alphabet? Why?
- What makes someone a good friend?
- If someone gave you a blank piece of paper, what would you do with it?
- What is something that kids understand, but adults do not?
- Pick one fruit to combine with one vegetable to make a “fruitable”.

### EXPERIENCES

- Go on a walk.
- Eat dinner together.
- Make something together.
- Play a game.
- Try a food no one has had before.
- Affirm each other.
- Water balloon fight.

4,383

# Family Mission Statement

*Hold a family meeting & decide on a mission statement that aligns with your family's values. Below are some prompting questions to help enrich the conversation:*

- Identify what you appreciate about each family member. What about each affirmation is impactful?
- Recall a moment when you received support from a loved one. What did that experience teach you about caring for others?
- Look up Galatians Chapter 5 and review the Fruits of the Spirit.

**The \_\_\_\_\_ Family Mission Statement**

---

---

---

---

---



---

# Family

## Take a Personal Day

*Unplug from your work for a day and choose to plug in to those around you. Consider how your priorities shift when you're not focused on work.*

*Choose 3 priorities in the following categories to focus your attention on today.*

TIME WITH GOD



YOUR FAMILY



YOURSELF



---

# Work

4,383

# Work/Life Balance Mentor

*Identify one person whose work/life balance you admire each year. Treat them to coffee or happy hour and ask them the following questions:*

- How do you prioritize?
- What has made you better at your job?
- What should I read, watch or listen to?



---

# Work