

Reach UP

- Write down a blessing you're thankful for today.

- Who will you pray for today? _____

- Read a devotion or scripture and write down something that inspired you about it.

Reach IN

- Create a small goal for today and write it down. _____

- Did I smile at myself in the mirror today? How did it feel? _____

- Note the foods you ate today. Were they healthy? Did you drink a gallon of water? _____

- Name good and smart people and get to know them. _____

- List something you want to learn today. How will you learn about it? _____

- Who did you talk to in person today? How did it feel to connect with them? _____

- How did I compliment myself and others today? _____

- Did I forgive myself or others today? How did it feel? _____

- How did I accept change today? _____

- What kind of life experience did I create today? _____

- How was I myself today? Did I try to be like I think others want me to be? _____

- Did I write some music today? Describe. _____

Reach OUT

- Did I hug my loved ones today? _____

- What good things did I do for friends and family today? _____

- Was I intentionally positive and smile at others today? _____

- What is my volunteer intention this month? How will I accomplish? _____
