

31 DAYS OF...

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Make a list of things for which you're thankful	Find a way to bless someone else today	Wave to every person you pass driving down the road	Tell a family member why you love them	Draw a picture and color it
Send a card or treat to a stranger in a nursing home	Read 1 Thess. 5:16-18	Pay for the lunch of someone behind you in the drive-thru	Blow bubbles through a drinking straw	Tell a God why you love Him	Run barefooted through the grass	Take a bubble bath
Write a little to your pastor telling them why they're special	Compliment your boss or coworker	Read Psalm 16:11	Sing a hymn, as loud as you can	Practice a random act of kindness of your choice	Call an old friend	Visit a garden or florist and smell the flowers
Lay on the ground and watch the clouds	Make dinner for a neighbor	Pray for someone challenging	Read Psalm 28:7	Hum a happy tune while cleaning	Sing in the shower	Find things to donate to a local shelter
Twirl until you get dizzy	Read Psalm 90:14	Laugh out loud	Offer to help someone in need	Say a prayer of thanksgiving		

JOY