



DAILY 8 CHALLENGE

Thursday, March 18th, 2021

8 Minutes Getting Things In Order

Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.

8 Minutes with God

Praying, reading the Bible, being still, listening and singing worship music, etc.

8 Minute Workout

Walking around your neighborhood, jumping jacks, workout with Angel, etc.

8 Minutes of Journaling

Get your thoughts on paper, set goals, write what's on your mind, decompress, etc.

8 Minutes Connecting with Others

Reach out to someone on your mind, send an encouraging text, call a friend, meet someone for coffee, etc.

8 Minute Rest

Take time in your day to relax, breathe, and calm your mind

8 Minute Soul Refill

Listen to something encouraging whether it be a sermon, a worship song, a podcast, or a youtube video

8 Minutes of Fruitful Reading

Spend a few moments filling your mind with fruitful information - Facebook and Instagram do not count



DAILY 8 CHALLENGE

Friday, March 19th, 2021

8 Minutes Getting Things In Order

Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.

8 Minutes with God

Praying, reading the Bible, being still, listening and singing worship music, etc.

8 Minute Workout

Walking around your neighborhood, jumping jacks, workout with Angel, etc.

8 Minutes of Journaling

Get your thoughts on paper, set goals, write what's on your mind, decompress, etc.

8 Minutes Connecting with Others

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8 Minute Soul Refill

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8 Minutes of Fruitful Reading

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DAILY 8 CHALLENGE

Saturday, March 20th, 2021

8 Minutes Getting Things In Order

Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.

8 Minutes with God

Praying, reading the Bible, being still, listening and singing worship music, etc.

8 Minute Workout

Walking around your neighborhood, jumping jacks, workout with Angel, etc.

8 Minutes of Journaling

Get your thoughts on paper, set goals, write what's on your mind, decompress, etc.

8 Minutes Connecting with Others

Reach out to someone on your mind, send an encouraging text, call a friend, meet someone for coffee, etc.

8 Minute Rest

Take time in your day to relax, breathe, and calm your mind

8 Minute Soul Refill

Listen to something encouraging whether it be a sermon, a worship song, a podcast, or a youtube video

8 Minutes of Fruitful Reading

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DAILY 8 CHALLENGE

Sunday, March 21st, 2021

- 8 Minutes Getting Things In Order**
Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.
- 8 Minutes with God**
Praying, reading the Bible, being still, listening and singing worship music, etc.
- 8 Minute Workout**
Walking around your neighborhood, jumping jacks, workout with Angel, etc.
- 8 Minutes of Journaling**
Get your thoughts on paper, set goals, write what's on your mind, decompress, etc.
- 8 Minutes Connecting with Others**
Reach out to someone on your mind, send an encouraging text, call a friend, meet someone for coffee, etc.
- 8 Minute Rest**
Take time in your day to relax, breathe, and calm your mind
- 8 Minute Soul Refill**
Listen to something encouraging whether it be a sermon, a worship song, a podcast, or a youtube video
- 8 Minutes of Fruitful Reading**
Spend a few moments filling your mind with fruitful information - Facebook and Instagram do not count



DAILY 8 CHALLENGE

Monday, March 22nd, 2021

8 Minutes Getting Things In Order

Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.

8 Minutes with God

Praying, reading the Bible, being still, listening and singing worship music, etc.

8 Minute Workout

Walking around your neighborhood, jumping jacks, workout with Angel, etc.

8 Minutes of Journaling

Get your thoughts on paper, set goals, write what's on your mind, decompress, etc.

8 Minutes Connecting with Others

Reach out to someone on your mind, send an encouraging text, call a friend, meet someone for coffee, etc.

8 Minute Rest

Take time in your day to relax, breathe, and calm your mind

8 Minute Soul Refill

Listen to something encouraging whether it be a sermon, a worship song, a podcast, or a youtube video

8 Minutes of Fruitful Reading

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DAILY 8 CHALLENGE

Tuesday, March 23rd, 2021

8 Minutes Getting Things In Order

Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.

8 Minutes with God

Praying, reading the Bible, being still, listening and singing worship music, etc.

8 Minute Workout

Walking around your neighborhood, jumping jacks, workout with Angel, etc.

8 Minutes of Journaling

Get your thoughts on paper, set goals, write what's on your mind, decompress, etc.

8 Minutes Connecting with Others

Reach out to someone on your mind, send an encouraging text, call a friend, meet someone for coffee, etc.

8 Minute Rest

Take time in your day to relax, breathe, and calm your mind

8 Minute Soul Refill

Listen to something encouraging whether it be a sermon, a worship song, a podcast, or a youtube video

8 Minutes of Fruitful Reading

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DAILY 8 CHALLENGE

Wednesday, March 24th, 2021

8 Minutes Getting Things In Order

Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.

8 Minutes with God

Praying, reading the Bible, being still, listening and singing worship music, etc.

8 Minute Workout

Walking around your neighborhood, jumping jacks, workout with Angel, etc.

8 Minutes of Journaling

Get your thoughts on paper, set goals, write what's on your mind, decompress, etc.

8 Minutes Connecting with Others

Reach out to someone on your mind, send an encouraging text, call a friend, meet someone for coffee, etc.

8 Minute Rest

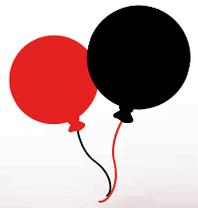
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Happy 5th Anniversary 265!

DAILY 8 CHALLENGE

Thursday, March 25th, 2021

8 Minutes Getting Things In Order

Making your bed, clearing your table/desk, getting dressed, unloading/loading the dishwasher, etc.

8 Minutes with God

Praying, reading the Bible, being still, listening and singing worship music, etc.

8 Minute Workout

Walking around your neighborhood, jumping jacks, workout with Angel, etc.

8 Minutes of Journaling

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8 Minutes Connecting with Others

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