

JANUARY

Renew. Refresh. Revive.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Romans 12:1-2 & Write 3 Goals You Want to Achieve	2 Psalm 51:7-8 & Move Your Body For at Least 30 Min
Psalm 51:9-10 & Journal How You Feel	4 Isaiah 40:30-31 & Listen to a Podcast or Audiobook	5 2 Cor. 4:16-18 & Write Down an Inspiring Quote	6 Lam. 3:21-23 & Attempt a Puzzle	7 Titus 3:4-7 & Create a Vision Board	8 Psalm 21:1-3 & Do a Mini-Declutter	9 Hebrews 12:11-13 & Start a Gratitude Journal
10 Psalm 40:1-3 & Read a Book	11 Psalm 119:25-27 & Take a Bubble Bath	12 Psalm 119:36-38 & Go on a Walk Outside	13 Psalm 119:39-40 & Try a New Facemask	14 Psalm 119:87-88 & Paint Something Fun	15 Psalm 119:105-107 & Listen to an Inspiring Song	16 Psalm 119:147-149 & Take a Nap
17 Proverbs 3:6-8 & List Things You're Thankful For	18 Hosca 6:1-3 & Learn a Word in a New Language	19 Proverbs 13:12 & Light a New Candle	20 Proverbs 15:30-31 & Make a Homemade Meal	21 Psalm 92:12-14 & Write 3 Good Things About Yourself	22 Isaiah 52:7-9 & Go on a Hike	23 Isaiah 54:11-14 & Buy Yourself a Treat
24 Isaiah 43:1-2 & Write a Letter to a Friend	25 Job 33:26-30 & Take a Day Off of Social Media	26 Galations 6:14-16 & Try a DIY Project	27 2 Cor. 5:17 & Drink a Tall Glass of Water	28 Colossians 3:9-11 & Read a Devotional	29 Romans 6:3-4 & Start a Prayer Journal	30 Ephesians 4:20-24 & Wake Up Ealier
31 Galations 2:20 & Set a Goal For Next Month						