

**Give Away One
Thing a Day for a
Week
(Be Creative!)**

**CHOOSE TO SAY
“NO”
TO YOURSELF ONCE
THIS WEEK
(WHEN IT’S HARD).**

*Do Something As A
Family That is
FREE
But Fills Your Soul.*

*THANK GOD FOR
SOMETHING WHEN
YOU FEEL
DISCONTENT.*

*Make a List of Things
You GAVE AWAY
that made you
HAPPIER.*

*Send Your Kids on
a “Thankful Hunt”:
Let them make a
list or a Picture.*

**Take a break from
Facebook, Pinterest or
Social Media that feeds
your need for more.**