






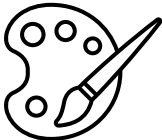


# Building Abundance

Christ Church's 30 block for 30 days, November 2022

Creatively fill in, cross off, or color each block you complete throughout the month in whatever order works for you. How many can you do?!

<p>Call (not text) a friend to check-in. Leave a voicemail if they are unable to pick-up.</p>	<p>Turn on your favorite song, album, artist and enjoy (if that means singing and dancing, go for it!)</p>	<p>Spend 5 minutes, unplugged, observing nature.</p>	<p>Smile at a stranger.</p> 	<p>3 things you're grateful for:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
<p>Scan &amp; Read Poetry</p>  <p>Abundance by Amy Schmidt</p>	<p>Doodle Here:</p>	<p>Cook a new recipe or eat take-out from a new restaurant. What did you eat:</p>	<p>Tell someone how much you love and/or appreciate them.</p>	<p>Read Psalm 23</p> 
<p>What's that thing you've never made time for but always wanted to do? Take one step toward making that happen in the future.</p>	<p>Perform an act of kindness.</p> 	<p>Scan &amp; Try</p>  <p><a href="http://www.d365.org">www.d365.org</a></p>	<p>Spend quality time with a person or pet.</p>	<p>Try Morning Prayer or Evening Prayer (p.115) in the Book of Common Prayer. (p.75). Also online at BCPonline.org</p>
<p>What are you proud of today:</p>	<p>3 things you're thankful for:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p>Do an activity mindfully: walk, cook, color, clean, etc. with intention.</p>	<p>Share something: your time, listening ear, make a donation, etc.</p>	<p>List the people who always have your back:</p>
<p>Be conscious of complaining. Attempt to go the whole day without uttering a complaint.</p>	<p>Thank someone and mean it.</p>	<p>Pray for the people who challenge, frustrate, or upset you.</p>	<p>Read Psalm 136</p> 	<p>Scan &amp; Listen</p>  <p>5 minute meditation</p>
<p>Give someone a handwritten note or send snail mail.</p>	<p>Move your body in whatever way works for you, walk, dance, wiggle, run.</p>	<p>Do something creative.</p> 	<p>Where did you receive love today:</p>	<p>Add your own Abundance Block:</p>