

Building Abundance

Christ Church's 30 block for 30 days, November 2021

Creatively fill in, cross off, or color each block you complete throughout the month. Can you complete all 30 blocks?

Call (not text) a friend to check-in. Leave a voicemail if they are unable to pick-up.	Turn on your favorite song, album, artist and enjoy.	Spend 5 minutes, unplugged, observing nature.	Move your body in whatever way works for you, walk, dance, wiggle, run.	Make a list of 3 things you are grateful for from the day.
Pray for your neighbors. Who are your neighbors?	Journal or reflect: When was the last time you felt the most you-iest you ?	Cook a new recipe or eat take-out from a new restaurant.	Tell someone how much you love and/or appreciate them.	Read Psalm 100
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.	perform an act of kindness.	Join CCRP for Prayer During the Day or use the monthly bulletin to do it on your own at home.	Spend quality time with a person or pet.	Tell at-least one knock-knock joke to someone. Call or text it if you have to.
Journal or reflect: What are you proud of today?	Dance like nobody is watching for at least 2 minutes.	Do an activity mindfully: walk, cook, color, clean, etc. with intention.	Share something: your time, listening ear, make a donation, etc.	Journal or reflect: Who is your support circle?
Be conscious of complaining. Attempt to go the whole day without uttering a complaint.	Thank someone and mean it.	Karaoke time- what's the one song you love to belt out? Find it and go for it!	Read Psalm 136	Pray for the people who challenge, frustrate, or upset you.
Do something that makes you laugh. Embrace the goofy and silly moments.	For one minute sit in a still and comfortable position. In silence, focus on your breathing.	Do something creative.	Journal or reflect: where did you witness or receive love and gratitude today?	Add your own Abundance Block: