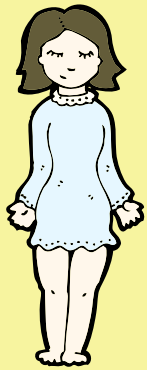


***25 DAYS
*10 MINUTES**

SPIRITUAL SELF-CARE CHALLENGE



Either you have extra time, are feeling stressed, or need to connect with your inner spirit.. Let this challenge remind you of the importance of daily spiritual self care.

**PLEASE
DOWNLOAD MY
FREE SCRIPTURE
MEDITATION
EBOOK**



RESOURCE LINKS:

- Yoga Challenge- Just Google: *Rhonda Jones Christian Yoga Day 1*
- <https://TheChristianMeditator.com>

Created by
Rhonda Jones, The Christian Mediator

READY TO RAMP UP YOUR SPIRITUAL SELF-CARE?

DO ONE EACH DAY FOR THE NEXT 25 DAYS @ 10 MINUTES EACH

Set an intention for your day. Today my intention is to... (Write it down)

Create 3 affirmations you'll recite each day when you first wake up.

In your journal write the 5 things you love about yourself. Read it 3 times over.

Meditate for 10 minutes on love, trust, & allowing. Repeat them slowly & mentally.

Do 5 rounds of cleansing breaths. Breathe in and out deeply but quickly. Feel belly rise.

Write "I Am Enough" on a mirror, post-it notes, or paper. Post them!

In journal, write a short testimony about something you desire as if you got it!

Turn on favorite worship or dance music and dance like nobody is watching.

Sit down and talk to God just like He is in the room with you. Share your heart.

Take a prayer walk. Send a blessing to the homes and people you pass.

Do one of my Christian Yoga Challenge Videos. See resources.

Have a desire? Sit down, close eyes, and imagine it just the way it will happen.

Take inventory of your feelings. In your journal write, "Today I feel..."

Pay attention to your thoughts. For 10 minutes, write down any negative thoughts.

Take those negative thoughts & reframe them. Rewrite them as self-empowering.

Been rehearsing the same old sad or victim story for years? Rewrite it today, literally.

Find two scarves, turn on worship music & praise dance around the room or house.

Read a passage out of your favorite devotional. Meditate on it.

Think about someone who could use a little help & pray for them.

Read for 10 minutes from an inspirational or informative book.

Read a Bible passage or chapter. Ask God how to apply it better. Listen.

Lay on floor with comfy blankets & pillows, turn on worship music & soak with God.

Do 5 rounds of relaxing breaths. Breath in 4, hold for 4, breath out 4, hold for 4.

Make a cup of coffee or tea, light a candle, diffuse some oils, and just be.

In your journal, write 3 things you are grateful for. Try to do everyday before bed.

PRINT IT - POST IT- SHARE IT WITH A FRIEND!