



AUGUST CHALLENGE

Dedicate 5-10 minutes in daily devotion or meditation, focusing on how many things you can be thankful for in your life.

HERE'S HOW YOU CAN GET IT DONE: Get a notebook, maybe a diary or even your smart phone and write down a positive experience you encountered that particular day that you are thankful for.

MINDFULNESS TRACKER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Today I'm thankful 1	Today I'm thankful 2	Today I'm thankful 3	Today I'm thankful 4	Today I'm thankful 5
	Today I'm thankful 6	Today I'm thankful 7	Today I'm thankful 8	Today I'm thankful 9	Today I'm thankful 10	Today I'm thankful 11
Today I'm thankful 13	Today I'm thankful 14	Today I'm thankful 15	Today I'm thankful 16	Today I'm thankful 17	Today I'm thankful 18	Today I'm thankful 19
Today I'm thankful 20	Today I'm thankful 21	Today I'm thankful 22	Today I'm thankful 23	Today I'm thankful 24	Today I'm thankful 25	Today I'm thankful 26
Today I'm thankful 27	Today I'm thankful 28	Today I'm thankful 29	Today I'm thankful 30	Today I'm thankful 31		