

# Spirit

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reward		
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Schedule in...

- Your giving activity
- Your random act of kindness
- Your spiritual practice
- Your forgiveness check (Do you need to forgive yourself or anyone else?)

Pick at least 1 step toward your spirit target & schedule...

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- Daily Spirit Reminders...
- Focus on the positive
  - Express gratitude
  - Shift your perspective on obligations as an opportunity to give