

ANCHOR YOUR JOY GRATITUDE CHALLENGE

Bingo

CROSS OFF AN ITEM AFTER YOU COMPLETE IT. THERE WILL BE PRIZES :)

MORNING PRAYER	JOINED FACEBOOK GROUP	FINISHED IDENTITY WORKSHEETS	TEXTED A FRIEND TO SAY THANKS	WATCHED HABIT & RITUALS VIDEO
FINISHED GRATITUDE WORKSHEET	WROTE 3 THINGS I AM GRATEFUL FOR	WATCHED GRATITUDE VIDEO	MORNING PRAYER	WATCHED LETTING GO VIDEO
WATCHED PURPOSE VIDEO	MORNING PRAYER	FREE SPACE	FINISHED PURPOSE WORKSHEET	POSTED IN THE FACEBOOK GROUP
FINISHED LETTING GO WORKSHEET	SHARED IN THE FACEBOOK GROUP	WATCHED YOUR IDENTITY VIDEO	MORNING PRAYER	WROTE 3 THINGS I AM GRATEFUL FOR
MORNING PRAYER	TOOK TIME TODAY TO SIT QUIETLY	FINISHED HABITS WORKSHEET	WROTE 3 THINGS I AM GRATEFUL FOR	POSTED TO THE FACEBOOK GROUP

FINDING THE JOY WITHIN
5 DAY ANCHOR YOUR JOY
GRATITUDE CHALLENGE