


Track your wellness win with a  everyday!

# Patience That Grows

# MAY

Cultivating **PATIENCE** — one day at a time.

## SUN MON TUE WED THU FRI SAT

"Let patience have its perfect work, that you may be perfect and complete, lacking nothing."


1 IT'S A NEW MONTH!  
 BE STILL.  
BE PATIENT.  
STAY CONSISTENT.

2 JOIN THE H & W CLARION CALL TO PRAYER CALL @ 9A  
TEXT "PRAYERCALL" TO 859-359-3997 TO REGISTER!


3 MONTHLY CORPORATE FASTING-24 HOUR. SUN 4P-MON 4P

4 GET 2-3 MINUTES OF MORNING SUNLIGHT WITHIN 10 MINUTES OF WAKING.

5 BRING A FRIEND & JOIN US FOR THE GATHERING TONIGHT @ 6:45


6  RELEASE ONE STRESSOR TO GOD TODAY (LOWER CORTISOL)


7 THRIVING THURSDAY FAITH. PATIENCE. HORMONE HEALTH. JOIN US ONLINE @ 7PM


8 WEIGH-IN  STAY PATIENT. KEEP MOVING.



9  DIM LIGHTS IN YOUR HOUSE AFTER SUNSET (SUPPORT MELATONIN)


10  SPEAK THE FOLLOWING PHRASE THROUGHOUT THE DAY: "I TRUST GOD'S TIMING."

11  PAUSE BEFORE REACTING TO A STRESSFUL SITUATION —CHOOSE PATIENCE.

12 GIVING TUESDAY 

13  WRITE 3 THINGS YOU ARE GRATEFUL FOR (BOOST SEROTONIN).


14  NO LIVESTREAM TONIGHT!  PRACTICE WHAT YOU'VE BEEN LEARNING!

15 WEIGH-IN  STAY PATIENT. KEEP MOVING.


16  AVOID RUSHING YOUR MORNING— MOVE SLOWLY. START WITH THE WORD OF GOD!


17  MAKE THE GOLDEN SPICE WELLNESS LATTE (FROM THE WEBSITE) ENJOY BEFORE BED

18  CREATE A QUIET, SCREEN-FREE EVENING- STUDY SCRIPTURES FROM WORKBOOK

19  TAKE A SLOW WALK AND NOTICE YOUR SURROUNDINGS.. THANK GOD FOR HIS CREATION


20  TAKE 5 DEEP BELLY BREATHS BEFORE EACH MEAL TODAY.


21 THRIVING THURSDAY  TRUST GOD. TRUST THE TIMING. JOIN US ONLINE @ 7PM


22 WEIGH-IN  STAY PATIENT. KEEP MOVING.


23  SIT QUIETLY WITH GOD FOR 2 MINUTES BEFORE STARTING YOUR DAY.


24 THANK GOD FOR THE PROCESS TODAY— NOT JUST RESULTS.

25  PRAY INSTEAD OF PUSHING THROUGH STRESS TODAY.

26  GO TO BED 30 MINUTES EARLIER TONIGHT—CHOOSE RESTORATION.

27  CHOOSE ONE DAILY TASK AND DO IT SLOWER THAN USUAL TODAY.

28 THRIVING THURSDAY  DISCIPLINE = HORMONE HARMONY. JOIN US ONLINE @ 7PM

29 WEIGH-IN  STAY PATIENT. KEEP MOVING.

30 SAVE YOUR SEAT FOR THE NEXT MONTHLY MEETING

31 SET NEXT MONTH'S INTENTION. CULTIVATING KINDNESS!



SCAN ME

Notes:

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