

# 20 DAYS, 20 WAYS TO RELAX. REFRESH. RENEW. IN 20 MINUTES PER DAY



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	Take a warm bath or shower	Savor a cup of tea or coffee	Read a book	Watch the sunrise or sunset
TUE	Journal 10 things you are thankful for	Take a photo of something that made you smile today. Share with @abeautifulpause	Wake up 15 minutes earlier to pray	Do one thing you've been putting off
WED	Write an encouraging note to someone & send it	Sit & visit with a friend or family member	Get rid of 5 things you never use	Create a new worship play list
THU	Light a candle & enjoy its glow	Don't rush your shower. Enjoy the feel of the water on your skin.	Take a walk	Give yourself a facial.
FRI	Take a snack to your favorite picnic spot	Read Psalm 23 & journal about what it means to you at this time in your life	Notice someone who needs encouragement & speak a kind word to them	Buy fresh flowers for your desk or kitchen counter

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