

# Calendar Of Hope



## 28 DAYS OF HOPE

FEAR IS NORMAL BUT COURAGE GETS THE FINAL SAY.  
LET'S BE BRAVE TOGETHER.

SUN	MON	TUE	WED	THU	FRI	SAT
Take time for yourself to pray, reflect or journal	Call a friend	Drop off groceries to someone	Schedule a weekly Facetime with friends	Write a letter	Verbalize 1 thing your looking forward to	Reminisce with old photos
Try a new online church service	Write 3 things you like about being home	send a care package	Write down 3 things your grateful for	Check on an elderly person	Get some fresh air	Make your favorite comfort food
Find a bible verse that encourages you	Support a local business	Acknowledge one beautiful thing outside	Go for a walk	Tell 3 people what you love about them	Write down 1 change you would like to make for yourself	Make a new tradition
Ask someone how you can pray for them.	Leave a thank-you note for your mailman	Count your blessings	Pray	Ask a friend to do a bible study with you	Watch a movie that makes you laugh	Appreciate this season of rest

Free Printable  
Calendar