

YOUR ENCOURAGED LIFE

DAILY PROMPTS TO FEEL MORE ENCOURAGED, JOYFUL, AND CALMER

NEW EXPERIENCES/ADVENTURES

- PLAN AN OUTING THIS WEEK TO TRY SOMETHING NEW (NEW PLACE, NEW ACTIVITY, NEW EXPERIENCE)
- DO SOMETHING THAT STRETCHES YOU
- GET CREATIVE (TRY A NEW HOBBY, MAKE A NEW RECIPE, DOODLE, OR
- DEEPEN YOUR CONNECTION TO SOMEONE TODAY (PLAN LUNCH, OR COFFEE, A WALK OR ACTIVITY)
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GRATITUDE & THANKFULNESS

- WRITE IN A JOURNAL OR IN YOUR PLANNER 1 THING YOU ARE GRATEFUL FOR TODAY
- WRITE DOWN 1 THING YOU ARE THANKFUL FOR TODAY
- TAKE TIME TO REACH OUT TO SOMEONE YOU CARE ABOUT TODAY (A HELLO, NOTE, PHONE CALL, TEXT)
- LISTEN TO OR READ 1 INSPIRING STORY TODAY
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SPIRITUAL/FAITH

- SET ASIDE A TIME TO PRAY OR MEDITATE
- TAKE 10 MINUTES TO JOURNAL - WRITE DOWN YOUR REFLECTIONS, PRAYERS, OR
- SAY OR WRITE DOWN A TRUTH YOU NEED TO SAY (WHAT HAVE YOU BEEN HOLDING ONTO?)
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FILL YOUR TANK

- GO FOR A WALK, STRETCH OR DO YOGA
- READ A BOOK
- STEP AWAY FROM YOUR ELECTRONICS & SOCIAL MEDIA FOR A NIGHT
- ORDER & EAT A SUPER DELICIOUS HEALTHY MEAL
- DO SOMETHING SPECIAL FOR YOURSELF
- GET OUTDOORS & RELAX
- PLAN A NIGHT WITH FRIENDS

YOUR ENCOURAGED LIFE

INSPIRATIONAL QUOTES TO ENCOURAGE A LIFE OF ABUNDANCE & JOY

GET INTO THE
HABIT OF ASKING
YOURSELF, "DOES
THIS SUPPORT
THE LIFE I AM
TRYING TO
CREATE"

@kristinfitch

WE REPEAT
WHAT WE
DON'T REPAIR

@KRISTINFITCH

Edit your life
frequently and
ruthlessly. It's your
masterpiece after all.

NATHAN W. MORRIS

KRISTINFITCH.COM

It takes courage to say yes to
rest and play, in a culture where
exhaustion is seen as a status
symbol.

Brene Brown

@KristinFitch

People do not buy
goods and services.
They buy Relations,
Stories and Magic.

Seti Godin

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You often feel tired,
not because you've
done too much, but
because you've done
too little of what
sparks a light in you.

Alexander Den Heijer

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