

30 Days of AWARENESS

Discover more about your highs and lows through this spiritual practice. For each day fill in:

1. What's bugging you?
2. What's bringing you joy?



Practice taken from
Be Kind to Yourself
by Cindy Bunch,
available at ivpress.com.

DAY 1

1. _____
2. _____

DAY 2

1. _____
2. _____

DAY 3

1. _____
2. _____

DAY 4

1. _____
2. _____

DAY 5

1. _____
2. _____

DAY 6

1. _____
2. _____

DAY 7

1. _____
2. _____

DAY 8

1. _____
2. _____

DAY 9

1. _____
2. _____

DAY 10

1. _____
2. _____

DAY 11

1. _____
2. _____

DAY 12

1. _____
2. _____

DAY 13

1. _____
2. _____

DAY 14

1. _____
2. _____

DAY 15

1. _____
2. _____

CONTINUE
30 Days of
AWARENESS

You delight my spirit and elevate my soul;
You bathe me in the oil of kindness.
My eyes behold the radiance of creation's glory,
my ears echo with Love's refrain.

Psalm 92, from Nan C. Merrill,
Psalms for Praying

DAY 16

1. _____
2. _____

DAY 17

1. _____
2. _____

DAY 18

1. _____
2. _____

DAY 19

1. _____
2. _____

DAY 20

1. _____
2. _____

DAY 21

1. _____
2. _____

DAY 22

1. _____
2. _____

DAY 23

1. _____
2. _____

DAY 24

1. _____
2. _____

DAY 25

1. _____
2. _____

DAY 26

1. _____
2. _____

DAY 27

1. _____
2. _____

DAY 28

1. _____
2. _____

DAY 29

1. _____
2. _____

DAY 30

1. _____
2. _____