

Your Summer Challenge

Level up the next 30 days with a new activity checklist

BY FAITH WISMER

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Spice up this season with a 30-day summer challenge. Choose one goal for each of the five categories and work on them throughout the next 30 days. Track your progress with the challenge journal on the next page.

CHOOSE ONE FROM EACH CATEGORY

SPIRITUAL

- * READ A CHAPTER FROM GALATIANS. MOVE ON TO EPHESIANS ONCE YOU'VE FINISHED.
- * REGULARLY GO TO YOUR CHURCH'S YOUTH GROUP AND PUT YOURSELF OUT THERE. IF YOU ALREADY ATTEND, TAKE NOTES DURING THE LESSONS AND PRAY FOR OTHERS IN YOUR GROUP.
- * KEEP A PRAYER JOURNAL THROUGHOUT THE MONTH, AND EACH NIGHT PRAY FOR THE REQUESTS AND PRAISES YOU'VE WRITTEN DOWN.
- * COMPLETE THE *BRIO* BIBLE READING PLAN IN THIS ISSUE.
- * VOLUNTEER AT YOUR CHURCH WHEREVER YOU'RE NEEDED.
- * MEET A WOMAN FROM YOUR CHURCH FOR COFFEE ONCE A WEEK. IT'S IMPORTANT TO HAVE A SPIRITUAL MENTOR.
- * CREATE YOUR OWN:

INTELLECTUAL

- * TRY LEARNING A DIFFERENT LANGUAGE. PRACTICE EACH DAY.
- * READ A BOOK OF YOUR CHOICE. MAKE YOUR GOAL TO FINISH IT BY THE END OF THE CHALLENGE.
- * WRITE A SHORT STORY. ADD A LITTLE MORE TO IT EACH DAY.
- * LEARN A NEW WORD BY LOOKING UP THE MERRIAM-WEBSTER WORD OF THE DAY.
- * RESEARCH AN INTERESTING STORY FROM HISTORY ONCE A WEEK.
- * MEMORIZE A POEM OR BIBLE CHAPTER OF YOUR CHOICE.
- * COMPLETE ANY SCHOOLWORK YOU MAY HAVE HAD ASSIGNED TO YOU OVER THE SUMMER.
- * DO ONE ALGEBRA EQUATION A DAY.
- * LEARN A NEW HOBBY OR ACTIVITY. WATCH TUTORIALS TO HELP, AND KEEP PRACTICING.
- * CREATE YOUR OWN:

EMOTIONAL

- * VOLUNTEER ONCE A WEEK AT AN ORGANIZATION OF YOUR CHOICE.
- * EVERY DAY, LEAVE SMALL NOTES OF ENCOURAGEMENT FOR YOUR FAMILY MEMBERS.
- * DO SMALL ACTS OF KINDNESS FOR YOUR FRIENDS—BAKING COOKIES, ENCOURAGING THEM, BUYING THEM A GIFT, ACTIVELY LISTENING OR MAKING THEM A CRAFT.
- * ORGANIZE A NEIGHBORHOOD CLEANUP WITH YOUR PARENTS OR SIBLINGS.
- * DONATE ANY UNWANTED, GENTLY USED ITEMS TO YOUR LOCAL THRIFT STORE.
- * CREATE YOUR OWN:

MENTAL

- * GO ONE DAY A WEEK WITHOUT USING ANY FORM OF TECHNOLOGY—TV INCLUDED!
- * CREATE A LIST OF SIMPLE ACTIVITIES THAT YOU WANT TO DO EACH DAY.
- * HAVE A REST DAY ONCE A WEEK. PERHAPS TAKE A BUBBLE BATH AND PUT CUCUMBER SLICES OVER YOUR EYES.
- * MAKE A PEACEFUL SUMMER PLAYLIST, AND CONTINUE TO ADD NEW SONGS. (OR FOLLOW *BRIO*'S SPOTIFY PLAYLIST, BELOW.)
- * COMPLETE A 1,000-PIECE PUZZLE.
- * PLANT A FLORAL SEED OF YOUR CHOICE OUTSIDE OR IN A POT INDOORS, AND WATCH IT GROW OVER THE SUMMER. TAKE PICTURES, AND WRITE OBSERVATIONS AS IT CHANGES.
- * CREATE YOUR OWN:

PHYSICAL

- * GO ON A DAILY WALK AROUND YOUR NEIGHBORHOOD.
- * HELP YOUR PARENTS CLEAN THE DISHES THREE TIMES A WEEK.
- * DO AN EXERCISE ROUTINE, WITH A WORKOUT OF YOUR CHOICE, FOR 20 MINUTES EACH DAY.
- * CLEAN YOUR ROOM ONCE A WEEK.
- * TACKLE A DIY PROJECT. LOOK AT PINTEREST FOR IDEAS.
- * AVOID SODA FOR THE MONTH.
- * CREATE YOUR OWN:



CHECK OUT OUR PLAYLIST ON SPOTIFY!



30-DAY CHALLENGE JOURNAL

CHECK WHEN COMPLETED.

YOUR CHALLENGE CHOICES

EMOTIONAL:

MENTAL:

PHYSICAL:

SPIRITUAL:

INTELLECTUAL:

WRITE WHAT YOU DID ON EACH DAY.

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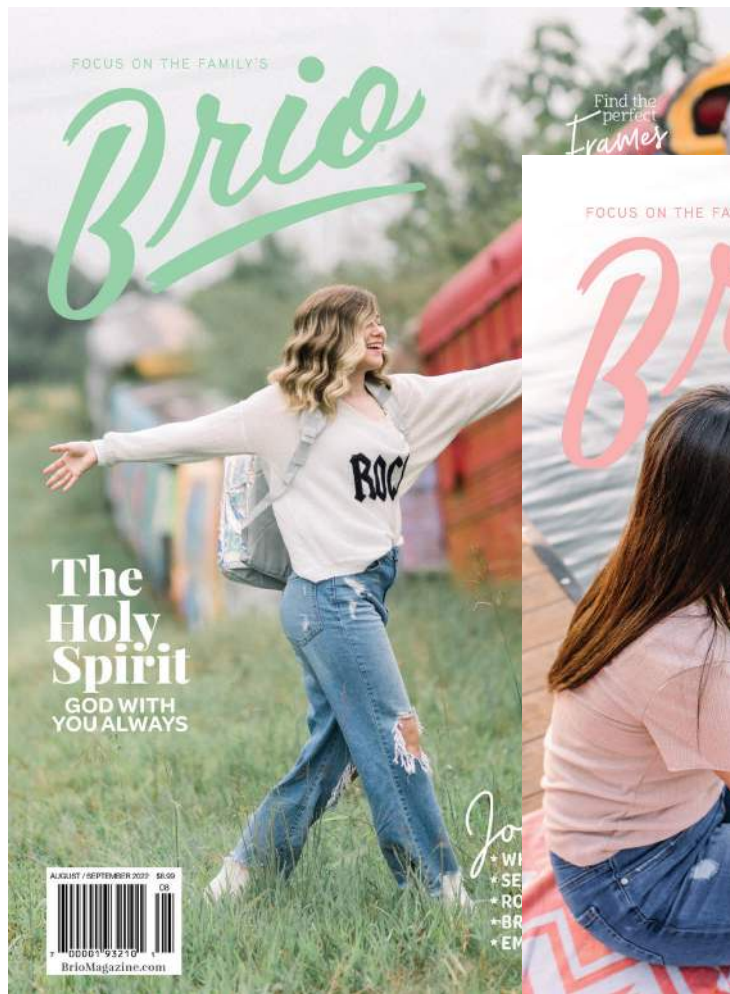
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