

August #RISEMOMS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Enjoy your Favorite Treat</i>	2 <i>Meal Plan for the month</i>	3 <i>Write a Letter to a Friend</i>	4 <i>Play a Game as a Family</i>
5 <i>Teach Gratitude</i>	6 <i>Weekly Home Blessing</i>	7 <i>Share a snack with your kids</i>	8 <i>Spend time getting all done up</i>	9 <i>Organize the Bathroom Drawers</i>	10 <i>Spend time alone with your partner</i>	11 <i>Plan a trip to the park or other outing</i>
12 <i>Read scriptures or inspirational talks</i>	13 <i>Weekly Home Blessing</i>	14 <i>Read to your child</i>	15 <i>Exercise</i>	16 <i>Catch-up on Laundry</i>	17 <i>Write a love note to your sweetheart</i>	18 <i>Sit down to a family meal</i>
19 <i>Attend a worship service or meditate</i>	20 <i>Weekly Home Blessing</i>	21 <i>Help kids with their chores</i>	22 <i>Paint your nails</i>	23 <i>Organize your bedroom closet</i>	24 <i>Call your mom or best friend</i>	25 <i>Work together cooking a meal</i>
26 <i>Reflect on your personal priorities</i>	27 <i>Weekly Home Blessing</i>	28 <i>Help your child accomplish a goal</i>	29 <i>Spend time on your personal hobbies</i>	30 <i>Toss out old towels & linens</i>	31 <i>Write a thank you note to someone</i>	1