

WEEK OF:



WWW.40DAYSFULLER.COM

MEANING MONDAY: Celebrate and practice your contribution to the world

TRUTHFUL TUESDAY: Let go of false beliefs and expectations

WISH WELL WEDNESDAY: Practice compassion

THANKFUL THURSDAY: Practice gratitude

FREEDOM FRIDAY: Let go of resentment, bitterness, and stealers of joy

SURPRISE SATURDAY: Do something fun, special or different

SACRED SUNDAY: Engage in spiritual practices