



THE STREAK CHALLENGE

SPIRITUAL WELLNESS



Say a prayer.

Pray for your family, friends, boss, coworkers and leaders of your country. If you believe in the power of prayer then you probably already pray daily. But do you pray for the leaders of our country, first-responders who's lives might be in danger today, surgeons who will be helping people with serious conditions, the coworker who may be going through difficult times and not telling anyone. Pick a new person and pray for them every day.



Mindful meditation.

There are many web sites, books, and other resources which will help you practice mindful meditation. You can really get centered and stay centered by practicing meditation every day. You can do this almost anywhere, anytime.



Use a journal tool.

There are a ton of journals. I really like [Bliss](#) because it integrates my web browser to let me journal and use journaling tools which may have been shown to foster happiness. There are many others just like it. However there is nothing wrong with using a good ole' fashion pencil and notebook. Either way, you will feel great that you started.

Start a gratitude journal. https://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal



Visualize success.

Use breathing exercises with mental imagery and meditation to visualize yourself being successful in important aspects of your life.

SPIRITUAL WELLNESS

Continued....



Give to others.

Perform an act of benevolence every day. Examples: spend one on one time with a friend, coworker, or family member. Help someone in need. Volunteer for a social service. Donate blood. Donate money. Donate time. Or donate a donut.

“What good shall I do today.” - Ben Franklin

“We are what we repeatedly do. Excellence then, is not an act, but a habit.”