

SPRING IT UP CHALLENGE!

JOIN IN THE FUN!

1. Wear something pink
2. Invite friends over
3. Clean out one closet or drawer
4. Smile at every stranger you pass.
5. Write a note of affirmation
6. Go shopping for one warm-weather item
7. Hug at least 3 people today.
8. Buy yourself a bunch of flowers.
9. Put on music and dance!
10. Write out Isaiah 58:11
11. Take a flower bulb to a friend who needs hope.
12. Wear something the color of sky and sea.
13. Splurge on a donut with sprinkles.
14. Take a walk at sunrise or sunset. Breathe deeply.
15. Bake something springy share it.
16. Surprise someone with a bouquet of helium balloons.
17. Make a new recipe w/green ingredient.
18. Find 10 things to be thankful for today.
19. Put a happy, colorful screen-saver on your phone.
20. Take a picture that brings you joy and post it online.
21. Go out for an ice cream cone.
22. Make hamburgers on the grill for dinner.
23. Get out colored pens or pencils! Letter and/or illustrate Psalm 36:5.
24. Buy a funny card to send someone.
25. Plan a dream vacation or weekend getaway.
26. Make/eat something with strawberries today.
27. Create a Pandora or Spotify station of summer tunes.
28. Call a friend
29. Buy a beautiful magazine.
30. Buy coffee for a stranger.
31. Google the song "Knee Deep" by the Zach Brown band featuring Jimmy Buffet - play and sing along!

#SPRINGITUP

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