

How to Thrive Through a Hard Season

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YOU CAN DO THESE 3 THINGS



INVITE IN GRATITUDE

Your life may not be where you'd hope it would be. But it doesn't mean it isn't good. Look for good to celebrate in the now.



LIVE IN THE NOW

It's true that there is a lot we don't know but now is not the time to let your mind worry too much about what can't be controlled.



MOVE YOUR BODY

Get off the couch. Take a walk. Let your mind do new work as it takes each step. You'll be amazed by what new ideas will find you!

BOOKS THAT ARE GOOD FOR THE SOUL

1. *Listening for God* by Renita Weems
2. *Learning to Walk in the Dark* by Barbara Brown Taylor
3. *Everything Happens for a Reason and Other Lies I've Loved* by Katie Bower
4. *Option B* by Sheryl Sanburg





10 SONGS TO ADD TO YOUR PLAYLIST

*Music to Get You Out of
a Funk (or least it has
helped me)*

ENJOYMENT AS A SPIRITUAL PRACTICE

Maybe you need to create something?

I love what author Elizabeth Gilbert offers in her book, *Big Magic: Creative Living Beyond Fear* about excuses we all give for our lack of creativity. We're afraid we don't have talent. We're afraid we do. We're afraid of what others will think. We're afraid our best work is behind us and so on. . . .

This is what I believe about you: **you were born to bring beautiful things into the world.** You have unique gifts to share that no one else can! The world needs you to create even in this hard season. You have so much to teach us.

We are truly missing out if you hold back.
What's one creative thing that brings you joy?

1. "Brave" -Nichole Nordeman
2. "House Party" -Sam Hunt
3. "Wake Me Up" -Avicii
4. "Keep Your Head Up" -Andy Grammer
5. "How Great Is Our God" -Jonathan Nelson
6. "Kingdom Comes" -Sara Groves
7. "One Call Away" -Charlie Puth
8. "Made to Be" -Walker Burroughs
9. "How Firm a Foundation" hymn sung by Together for the Gospel (Live)
10. "Life Means so Much" -Chris Rice



PICK 5 PEOPLE TO CHECK ON NOW

1. Friend in the health industry
2. Someone who lives alone
3. A direct neighbor
4. Someone who struggles with mental health
5. A family with young kids at home



Meaningful Activities

PICK SOMETHING TO DO EACH DAY



It can be hard to motivate yourself when all the what ifs creep in but try some of these things...

1. Turn *off the tv* for an evening
2. Take an *online exercise class*
3. Pick a book from your shelf you haven't read and start it
4. *Send a care package* to a friend via online shopping
5. *Write a gratitude* note to someone you admire
6. Decide how much social media you want to consume and *delete certain apps off your phone*
7. Go to your bedroom, shut the door and *allow yourself to cry*, vent, scream or get out whatever emotion you need to
8. *Google a new recipe* and make dinner completely from scratch
9. *Make a list of your worries* and put them on small sheets of paper. Put them worries in a box. Return to as often as needed to unload more.
10. *Don't forget hygiene-* shower, brush your teeth, hey, why not floss?