

# ♥Empty to Faith-FULL in 30 days♥

## Day 1

List 3 reasons  
you are thankful  
today

## Day 2

List 2 people who  
have changed your  
life for the better

## Day 3

Thank God for your  
list from Day 1

## Day 4

Contact the people  
from Day 2  
Thank you for...

## Day 5

List 3 reasons you  
Love yourself  
You are hand-picked by God

## Day 6

List 3 traits you love  
in others  
God created ALL people

## Day 7

Thank God for  
Day 5's list  
You were created in His image

## Day 8

Give a shout-out!  
Appreciate people,  
see list from Day 6

## Day 9

Who is 1 person you  
need to forgive?  
List their name  
God is your deliverer

## Day 10

God loves YOU.  
He has amazing  
plans for you  
Jeremiah 29:11

## Day 11

List the WHY  
from Day 9  
TRUST GOD to heal  
your heart

## Day 12

Every good & perfect  
gift is from above.  
Forgiveness is a gift

## Day 13

Treat yourself!  
Decide to forgive the  
person  
from Day 9  
You are worth it

## Day 14

Trust God!  
He will carry the  
weight when you  
forgive  
You are His beloved

## Day 15

½ FULL!  
List 3 new reasons  
you are thankful  
today♥

## Day 16

List 3 of your  
talents/gifts  
You are being built as a  
dwelling place for God

## Day 17

What can you do  
today to be someone's  
day 15?  
Go.Be.Love

## Day 18

Who can you help  
with your list from  
Day 16?  
Write their name/names

## Day 19

For God so loved the  
world (YOU)  
He GAVE...  
It is in giving that we  
receive

## Day 20

What action could  
you take to use your  
list from day 16? For  
the person on Day  
18?

## Day 21

ASK GOD  
Dear God, you have  
blessed me with \_\_\_\_  
(talent/gift)  
Thank you. I want to use  
it to help \_\_\_\_  
Help me when \_\_\_\_  
(action step) Amen.

## Day 22

Take your lists from  
Days 16,18,20 &  
Go.Be.Love  
Today I will \_\_\_\_  
(action step)  
for \_\_\_\_♥

## Day 23

List 3 physical  
attributes you love  
about YOU  
Yes three!  
God knit you in your mother's  
womb

## Day 24

List the results from  
Day 22. Thank God  
for helping you.  
#whatlovelookslike  
#trust.seek.pray

## Day 25

Thank God for your  
list  
from Day 23

## Day 26

Before bed list 3  
beautiful things you  
noticed today  
God created the earth and all  
that is in it

## Day 27

ASK GOD  
Dear God, You created a  
beautiful world for me.  
Remind me I am a part  
of that beauty - help  
me see it in myself and  
others. Amen

## Day 28

List 3 new reasons  
you are thankful  
Be joyful always, pray  
continually, give thanks in all  
circumstances, for this is God's  
will for you in Christ Jesus

## Day 29

List all the Thanks  
from Days 1,5,28

## Day 30

Hey Faith-FULL♥  
YOU DID IT!

#GoBeLove