

A black circular badge with a jagged orange border. Inside, the text "30 day" is in a large, orange, cursive font. Below it, "Money Back" is in a white, sans-serif font. A diagonal orange ribbon with a 3D effect crosses the center, containing the word "GUARANTEE" in white, bold, sans-serif capital letters. At the bottom, "%100" is written in a white, bold, sans-serif font.

30 day

Money Back

GUARANTEE

%100

30 DAY FULL BODY WORKOUT CALENDAR

GET READY TO SWEAT WITH THIS

JUMPSTART YOUR FITNESS
ROUTINE - NO GYM
EQUIPMENT REQUIRED

JOYFULHEALTHYEATS.COM

30 DAYS TO A BETTER RELATIONSHIP

The Gottman Institute

Take The

30
Day

challenge



for the next 30 days

Read Scripture
daily



Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

colossians 3:16



**I have stored up your word in
my heart,** that I might not sin
against you.

psalm 119:11



...his delight is in the law of
the Lord, and **on his law he
meditates day and night...**

psalm 1:2



for the next 30 days

Pray
consistently



Continue steadfastly in prayer,
being watchful in it with
thanksgiving.

colossians 4:2



for the next 30 days

Think
positively



whatever is true... honorable...just...
pure...lovely... commendable, if
there is any excellence, if there is
anything worthy of praise, **think
about these things.**

philippians 4:2



for the next 30 days

Give
sacrificially



Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

2 corinthians 9:7



for the next 30 days

Attend
consistently



Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works,

hebrews 10:23-25



not neglecting to meet together,
as is the habit of some, but
encouraging one another, and all
the more as you see the Day
drawing near.

hebrews 10:23-25



Ascribe to the Lord **the glory due
his name;** worship the Lord in the
splendor of holiness

psalm 29:2



for the next 30 days

Teach
opportunistically



Go therefore and make disciples
of all nations, baptizing them in the
name of the Father and of the Son
and of the Holy Spirit, teaching
them to observe all that I have
commanded you....

matthew 28:19-20



for the next 30 days

Worship
conscientiously



Bless the Lord, O my soul,
and **all that is within me**,
bless his holy name!

psalm 103:1



Serve the Lord with gladness!
Come into his presence with
singing!

psalm 100:2



A circular badge with a black background and a jagged orange border. A horizontal orange ribbon with a 3D effect is draped across the middle. The text "30 day" is in orange script, "GUARANTEE" is in white bold sans-serif with a dotted outline, and "%100" is in white bold sans-serif with a dotted outline.

30 day

GUARANTEE

%100

God shows his love for us
in that while we were still
sinners, Christ died for us.
Since, therefore, we have now
been justified by his blood,
much more shall we be
**saved by him from the
wrath of God.**

Romans 5:8-9



...you turned to God from idols
to serve the living and true
God, and to wait for his Son
from heaven, whom he raised
from the dead, Jesus who
delivers us from the
wrath to come.

1 Thess. 1:9-10

