



little behaviors

Pray

- Say the Lord's Prayer together.
- Focus on one kind of prayer each day. (praise, thanks, confess, ask)
- Stretch and say "thank you God for this day."
- Thank God for the meal you're about to eat.
- Thank God for the meal you just ate.
- Say a short prayer of gratitude.
- Say a short prayer for someone you love.
- See who can come up with the most things to thank God for.

Read the Bible

- Speak a Bible verse blessing over your child (same one every day).
- Read one Bible verse and ask "What does this show us about God?"
- Ask, "does this remind you of anything from the Bible?"
- When you pass a Scripture posted in your home, read it out loud.
- Sit on the couch and read the Bible for 30 seconds, out loud, with no expectations that anyone else will listen.
- Read a SHORT devotion.
- Hang a verse on your fridge and say it together, once per day.
- Turn on an audio Bible.

Creative Worship

- Say "Be the centre of our day, Jesus."
- Turn on Christian music in the background.
- Point to something in nature and say "God created that! Isn't he an amazing artist/builder/scientist?"
- Light a candle to remind you that Jesus is the light of the world.
- Sing a worship song.
- Read a one-page biography of a faith hero.
- Twirl your child and say "God made you and loves you so much!"
- Say the Jesus prayer while slowly inhaling in and out. In: "Lord Jesus Christ" Out: "Have mercy on me"
- Hug a child and say "I love you, and God loves you even more."



little prompts

Morning

- get out of bed
- turn on the shower
- brush my teeth
- turn on the coffee maker
- sit down for breakfast
- put the breakfast dishes away
- load the dishwasher
- put kid on the bus
- buckle my seat belt
- pull up to the front doors of the school
- turn on my computer
- put my mask on

Mid-day

- leave church
- hear the school bell
- hear a siren
- feel hungry
- eat lunch
- feed the pet
- walk into the kitchen
- use the bathroom
- wash my hands

Evening

- walk in the door after work
- turn on the TV
- eat dinner
- clean the kitchen counter
- walk the dog
- run the bathwater
- say goodnight to my child
- set my alarm
- put my head on my pillow

habit recipe

After (*prompt*)

I will (*little behavior*)

_____.



little celebrations

- give a hug
- give a high five or fist bump
- smile
- whisper "I did it!"
- whisper "victory!"
- pump your fist in the air
- give yourself a pat on the back

habit recipe

After (*prompt*)

_____'

I will (*little behavior*)

_____'

then I will celebrate by

_____.



little adjustments

What might
make this hard
to start?

habit recipe

After (*prompt*)

_____'

I will (*little behavior*)

_____'

then I will celebrate by

_____.

What can I do to make this even EASIER?