



BKCLB

APRIL 2023

DAILY PRACTICES TO KILL COMPARISON



KILLING COMPARISON
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WE have a challenge for you! Each of these are practices that can serve as activities to reinforce a healthier relationship with yourself, others, and the space between. These are not cure-alls or prescriptive, but they are support activities to help you develop a stronger, more secure foundation.

Sunday:

Write a prayer, in the form of a letter to the Lord. Share your gratitude in how and who he made you, and offer your truth about where you are. Ask him to show you yourself, and detail the ways that you want to experience His vision for your life.

Monday:

Make a list! For every year of your age, write one thing that you celebrate about yourself.

Tuesday:

Text some love! Send an encouraging word to someone - a friend, family member - or even leave a comment on social media for someone you don't know, but follow. Share the way that you see them and encourage them on their journey.

Wednesday:

Get active! No matter where you are in your fitness/wellness journey -- we can share love to our bodies...not as a punishment, but as a source of appreciation.

Thursday:

What brings you joy? Is it a walk? Is it dancing? Drawing? Whatever it is - go do it! Take a picture of the moment to remember and relish in the joy.

Friday:

Quiet time. Can you take the day to reconnect with yourself OFF social media? Sometimes guarding our eyes and thoughts means centering them without the influence of others' voices. Take a day to refocus and refresh.

Saturday:

Treat yourself! In whatever ways it looks for you -- do a kind act for yourself that you keep to yourself! Remind your heart and mind that you are worthy of celebration, whether anyone sees it or not.