



## One-Minute Tips for Reclaiming your Days

1. **Reclaim Structure:** Make your bed.
2. **Reclaim Productivity:** Put your shoes on.
3. **Reclaim Prayer:** Whisper a prayer. Dedicate your day to the Lord.
4. **Reclaim Peace:** Sit in silence for one minute.
5. **Reclaim the Word of God:** Read your favorite Bible verse.
6. **Reclaim Humor:** Ask a child to tell you their current favorite joke.
7. **Reclaim Compassion:** Help an elderly person to their car.
8. **Reclaim Gratitude:** Say thanks to someone whose job is thankless.
9. **Reclaim Giving:** Give a bigger tip.
10. **Reclaim the Church:** Offer to volunteer at church.
11. **Reclaim Memories:** Write out a memory for your children to find later.
12. **Reclaim Parenting:** Tell your child thirty things you love about them.
13. **Reclaim Marriage:** Rub your spouse's shoulders for one minute.
14. **Reclaim Order:** Organize your makeup area
15. **Reclaim Friendship:** Make an appointment to meet up with a friend.
16. **Reclaim Finances:** For three days this week, make your coffee at home.
17. **Reclaim Health:** Stretch.
18. **Reclaim Hobbies:** Buy a coloring book and crayons. Use them!
19. **Reclaim Self-Care:** Put lotion on after a warm bath or shower.

20. **Reclaim Study:** Check out a book at the library.
21. **Reclaim Love:** Write a note to your significant other.
22. **Reclaim Temper:** Take your time responding when you feel your blood boiling.
23. **Reclaim Forgiveness:** Say, “I was wrong. Please forgive me.”
24. **Reclaim the Outdoors:** Spend one minute looking at the stars.
25. **Reclaim Fun:** Practice your best cartoon expressions with your family.
26. **Reclaim Mercy:** Let your child off the hook for an offense.
27. **Reclaim Accountability:** Set a goal and be accountable to a friend.
28. **Reclaim Passion:** Peruse the local college course catalog. See if anything sparks your interest.
29. **Reclaim the Goodness of God:** List three ways God has been good to you today.
30. **Reclaim Worship:** List three attributes of God. Think on those things for one minute.
31. **Reclaim the Gospel:** Begin writing out your gospel story.
32. **Reclaim Kindness:** Purchase someone’s meal at a restaurant.
33. **Reclaim the Neighborhood:** Introduce yourself to your neighbors.
34. **Reclaim Initiative:** Do something at work without being asked.
35. **Reclaim Gentleness:** Instead of blowing up about something, treat it with gentleness.
36. **Reclaim Faith:** Jot down something or someone you’ve lost faith in. Make one stride toward believing again.
37. **Reclaim Grace:** Let yourself off the hook for a mistake.
38. **Reclaim Gifts:** Figure out a way to use your spiritual gift today.
39. **Reclaim Song:** Make a five-song playlist
40. **Reclaim Missions:** Drop a quick e-mail to a missionary.
41. **Reclaim Connection:** Text a fun meme to a friend you miss.



42. **Reclaim Spontaneity:** Grab ice cream for dinner.
43. **Reclaim Power:** Speak out loud a blessing over your children.
44. **Reclaim Joy:** Think about heaven.
45. **Reclaim Confidence:** List five things God says about you.
46. **Reclaim Honesty:** Write down how grief makes you feel.
47. **Reclaim Dependence:** Confess a weakness to a praying friend.
48. **Reclaim Patience:** Let someone go ahead of you at the store.
49. **Reclaim Self-Control:** Give up something that is not good for you today.
50. **Reclaim Hope:** Think about how you can prepare your children to be a light in the world they will one day lead. Take one step in that direction.
51. **Reclaim Boldness:** Share a time when God took care of you.
52. **Reclaim Rest:** Close your eyes for one minute (or more).
53. **Reclaim Margin:** Clear your schedule of one thing that keeps you too busy.
54. **Reclaim Hospitality:** Invite someone over. Make a plan.
55. **Reclaim Manners:** Wave to your neighbor, shake someone's hand, say thank you.
56. **Reclaim Respect:** Only use respectful words to describe government officials.
57. **Reclaim Conversation:** Turn off the phone and TV.
58. **Reclaim Faithfulness:** Recommit to your marriage. Let your spouse know.
59. **Reclaim God's Glory:** Give him glory for the good and bad he has allowed in your life.
60. **Reclaim Urgency:** Leave a tract or Bible somewhere someone will find it. Get busy doing things that count for eternity.

