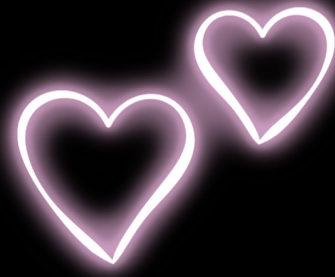


THE COOPER CHRONICLES 29 DAY LOVE CHALLENGE



FEBRUARY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

			1 WRITE 3 THINGS YOUR GRATEFUL ABOUT	2 CREATE QUALITY TIME W/YOURSELF OR FAMILY	3 SET A GOAL AND WORK TOWARDS IT.	4 PLAN A WEEKEND GETAWAY AND SET A DATE TO TAKE IT
5 SET ASIDE 30 MIN. NO PHONES JUST QUIET TIME	6 SEND A NICE TEXT MESSAGE OR LOVE NOTE TO BRIGHTEN THEIR DAY.	7 DO AN ACT OF KINDNESS FOR YOUR LOVED ONE WITHOUT EXPECTING ANYTHING IN RETURN.	8 TRY SOMETHING NEW SUCH AS FOOD, OR A RESTAURANT	9 START OR ADD TO YOUR SAVINGS & INVESTMENT PORTFOLIO	10 CLEAN OUT THE CLUTTER IN YOUR RELATIONSHIP & HOME	11 READ AND MEMORIZE A BIBLE VERSE OR QUOTE
12 CUDDLE UP ON THE COUCH WATCH TV OR READ A BOOK	13 COMPLIMENT 5 PEOPLE TODAY	14  SHOW LOVE	15 WRITE A LETTER TO YOUR OR LOVED ONE & READ IT TO THEM	16 PREPARE A MEAL FOR OTHERS OR SELF	17 ASSIST THE ELDERLY/NEIGHBORS WITHIN YOUR COMMUNITY	18 EXPLORE EACH OTHERS LOVE LANGUAGE
19 AN APPLE A DAY KEEPS THE DOCTOR AWAY LET'S EAT HEALTHY	20 SET TIME ASIDE TO PRAY FOR YOURSELF OR FAMILY MEMBER	21 HAVE A SPA DAY PAMPER YOURSELF OR LOVED ONE	22 SWAP CHORES WITH YOUR PARTNER/ FAMILY FOR THE DAY	23 CREATE OR PURCHASE ARTWORK TO DISPLAY IN HOME	24 PUT ON YOUR FAVORITE SONG AND SPEND 5 MINUTES DANCING TO IT	25 BECOME A MENTOR TO SOMEONE TODAY
26 SPEND QUALITY TIME WITH THE YOUNGER GENERATION	27 TREAT YOURSELF TO A SMALL GIFT	28 PLAN A FUTURE VACATION & SET A DATE TO TAKE IT	29 CELEBRATE YOUR ACHIEVEMENTS YOU'VE MADE IT!			

TRANSFORMING YOUR LIFE OR MARRIAGE ONE CHALLENGE AT A TIME

EDANDANGELTHECOOPERCHRONICLES.COM