

## 12 Hour Challenges

Do these a minimum of 12 times in one day. Keep resetting alarm to remind self until you have done 12. You should limit yourself to 5 minutes or less each of the 12 times.

1. Pray about a specific concern
2. Pray for a certain person
3. Recite pre-chosen quotes
4. Do 5 stretches
5. Send someone a compliment via text/fb/phone call/in person
6. Hug someone
7. Say something positive about yourself (can be to yourself)
8. Play a 5 minute or less game with one or more of the kids
  - a. Boggle
  - b. Storyoni (one page together)
  - c. Wanna be a ten
  - d. Progression
  - e. Guess Who
9. Do a 5 minute chore that doesn't often get done
  - a. Clean some baseboards
  - b. Dust a ceiling fan
  - c. Tile grout (a small section)
10. Meditate/ponder for 3-5 minutes
11. Read for 5 minutes from a motivational book
12. Read 5 scripture verses
13. Read premade affirmation cards
14. Do some yoga poses
15. Watch pre-chosen short inspirational videos
16. Write 1 goal
17. Hold a smile for 1 whole minute
18. Take 5 deep breaths in and out slowly
19. Drink water, a cleansing drink, barley water...
20. Read to a child
21. Clean up something
22. Go outside and stand facing the sun for 2-4 minutes
23. Write down something you are thankful for
24. Do a two minute exercise routine
25. Read your mission statement out loud
26. Read 1/12 of your patriarchal blessing
27. Watch nature for 2-5 minutes
28. Practice a skill
  - a. 10 putts

- b. Juggle 2-3 minutes
  - c. 10 free throws
  - d. Dribbling drill
29. Do something artsy
- a. 1 song on your instrument
  - b. 1 sketch
  - c. Recite one poem
30. Eat a fruit or vegetable
31. Learn a new word
32. Think of one new business idea
33. Think of one new crazy product or invention
34. Write 5 sentences of a story. It doesn't even actually have to be the same story each time. It can just be story starters.
35. Write one stanza of a poem each hour
36. Write one to two paragraph answers to 12 of these questions in your journal
- a. What are some family sayings? Write down where they came from if you know.
  - b. What blessings have you received in the last two or three days?
  - c. What did you study in your scriptures today or yesterday?
  - d. Where would you like to travel to and why?
  - e. If you were in an emergency situation right now, what nonfamily person would you be most likely to contact and why?
  - f. What is something fun you did with a family member in the past week?
  - g. Describe your dream house/car