

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<i>Easter Sunday</i> 4.4	Make a list of things you would do if you didn't need money. Try to incorporate one today. 4.5	Write down three things you are grateful for. 4.6	Don't buy anything today. 4.7	Light a candle at every meal. 4.8	When asked how you are, answer with something new and generous like "My life is rich." 4.9	Block out 30 minutes on your calendar and relax. 4.10
<i>1st Sunday after Easter</i> 4.11	Shut down your phone and compute at night. Take intentional breaths while they reboot come morning. 4.12	Donate 10 things. 4.13	Sit down when you eat. 4.14	Watch the sun rise or set. 4.15	Pick one set of stairs at home or work and each time you climb them do it mindfully. 4.16	Make eye contact. 4.17
<i>2nd Sunday after Easter</i> 4.18	Delay reaching for the remote at the end of the day. Sit, stretch, read or listen to music instead. 4.19	Carve out 5 minutes to sit. 4.20	Do a craft you loved as a child. 4.21	Hand write a letter to someone you love. 4.22	Go outside and touch something wild. 4.23	Smile at three people. 4.24
<i>3rd Sunday after Easter</i> 4.25	Set an intention for your day and return to it in the quiet moments. 4.26	Listen not to respond, but to understand. 4.27	Explore a new place in your neighborhood. 4.28	Pick your toes up, fan them out and put them back down. Be here now. 4.29	Put on a song you love and actively listen to the entire piece. 4.30	Pick a machine in your life (car, computer, etc.) that you appreciate and give it a nod of gratitude before using it. 5.1
<i>4th Sunday after Easter</i> 5.2	Cook something slowly, deliberately. 5.3	Say yes to an invitation. 5.4	Set a chime on your phone to sound once an hour. Each time you hear it, take 3 conscious breaths. 5.5	Do one thing at a time. 5.6	Build an altar that tells your story. Include objects that represent people and places that have shaped you. 5.7	Think about where your food came from. 5.8
<i>5th Sunday after Easter</i> 5.9	Go outside and look up. All the way up. 5.10	Show up early to something with no agenda and see what happens. 5.11	Go one day without using your car. 5.12	Smell your food before you taste it. 5.13	Take a detour on purpose and see what happens. 5.14	Change the pictures in your frames to see new memories of people and places you adore. 5.15
<i>6th Sunday after Easter</i> 5.16	Say no to one lie you are telling yourself. 5.17	Commit to being open to surprise today. At the end of the day, reflect on what surprised you. 5.18	Clean something prayerfully. 5.19	Eat a snack with your eyes closed. 5.20	Massage a part of your body you struggle to love. 5.21	Charge your phone away from your bedroom. 5.22
<i>7th Sunday after Easter</i> 5.23	Get to know a tree. 5.24	Listen with your eyes, ears and heart. 5.25	Rearrange your work space. 5.26	Fire yourself from a role you dread playing. 5.27	Hum. 5.28	Observe someone you love with fresh eyes. 5.29

TinyThings

FOR EASTER

Welcome to Easter. This season, look for life breaking through death. See tiny resurrections in all the nooks and crannies of our mundane, routine moments. Embrace the renewal that comes with each new breath and each new day. Use this calendar to pay attention, deepen your roots, live from a sense of gratitude and be open to finding God in the ordinary. God bless you in these Easter days!

Guide our discovery this Easter to bless the ordinary, to be changed by tiny things, to see the reality of death and the promises of new life both in and around us. Through Jesus, who is liberation and love. Amen.

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