

January

20 Days of Spirituality

Listen to a
Conference
talk

Read
scriptures for
30 min.

Read a talk
from the
Liahona

Serve
someone

Talk about
Come
follow Me with
someone

Pray for 5
people today

Listen to a
spiritual song

Share a
scripture with
your family

Write down
3 topics you
want to study

Start a
spiritual book

Make a list of 5
things you are
grateful for

Listen to a
Conference
talk

Write your
testimony in
a Book of
Mormon

Write down
3 spiritual
goals you have

Write a letter
of gratitude to
someone

Go On a
Quiet walk

Make cookies
for someone and
leave a scripture
or quote with it.

Listen to a
conference talk

20 minutes
of quiet time -
no technology

Leave a
scripture on your
fridge

