

THE FULL OUT LIFE

10-MINUTE FULL OUT PRINTABLE CHECKLIST

Life is life-ing. Let's live anyway.

A little time. A meaningful invitation.

Ten minutes is roughly 1% of a 16-hour waking day. You can try one invitation, adapt it, skip it, or create your own.

What is living Full Out?

It is not going full speed or doing everything. It is intentionally participating in the life you are living—including ordinary, joyful, difficult, and restful moments.

The C.L.E.A.R. connection

Clarify Your Purpose • Live by Your Values • Embody Your Identity • Align with Courage • Ripple Your Impact.

How to participate

Choose any card. Do what fits you, in a way that feels appropriate. Writing invitations can use paper, your own notes app, or an optional space in the digital experience. There are no required streaks.

About these cards

This printable preserves the original numbered 365 challenges. The numbers identify the cards, not the order in which they must be completed. The four Wildcard cards intentionally invite you to choose whatever you need or want to do.

Choose your way

Use the print-at-home cards, the checklist, or the digital challenge. Each is a different doorway into the same movement.

An invitation, never an obligation.

Before you begin

An invitation, never an obligation

These are optional invitations, not instructions or requirements. You decide what is appropriate for your circumstances. Adapt, replace, postpone, or skip anything, and stop whenever you wish. The goal is intentional participation, not completion, proving courage, or making yourself feel a certain way.

Health, safety, and personal circumstances

Some original prompts mention exertion, fasting, alcohol, nudity, travel, spending, or relationships. These activities may not be safe or suitable for everyone. Consider your health, medications, age, accessibility needs, personal circumstances, local laws, and environment. For medical or dietary questions (including fasting), ask a qualified healthcare professional before participating. If uncertain, choose a different invitation.

A special note on fasting

Original card #229 invites fasting. It remains in this authentic deck, but you do not need to fast to participate. Fasting from food or drinks can be unsafe for some people, including those with certain medical conditions, dietary needs, or medications. Do not skip medications or medically necessary food or fluids. If fasting interests you, first consult a qualified healthcare professional as appropriate. An alternative is ten minutes of prayer, reflection, or stepping away from a nonessential distraction.

Privacy, boundaries, and choice

For privacy-sensitive prompts, choose a private, lawful, comfortable setting, or stay fully clothed. For prompts involving another person, respect consent and boundaries. For alcohol-related prompts, a nonalcoholic drink is always an option. For writing activities, use paper, a notes app, or an optional digital reflection field where available.

About this material

This is a personal-growth and participation resource, not medical, mental-health, legal, financial, or professional advice. No outcome is guaranteed. These notes aim to support informed choice; they are not a waiver of legal rights or a guarantee against harm. See the card-specific companion notes at the end of this document.

THE CHALLENGE CHECKLIST

Mark any moment you choose • No required order, pace, or streak

☐	001	4-7-8 Breathing	Body
☐	002	Alternate nostril breathing	Body
☐	003	Box breathing	Body
☐	004	Do plank	Body
☐	005	Do ten push-ups	Body
☐	006	Foam Roll	Body
☐	007	Get your heart rate up	Body
☐	008	Go for a walk outside	Body
☐	009	Go outside	Body
☐	010	Lay on the floor and breathe	Body
☐	011	Lift some weights	Body
☐	012	Practice balance pose	Body
☐	013	Practice inversions	Body
☐	014	Practice splits	Body
☐	015	Sit there and do nothing	Body
☐	016	Squat	Body
☐	017	Stretch like a cat	Body
☐	018	Stretch your back	Body
☐	019	Stretch your hips	Body
☐	020	Take a walk around the house	Body
☐	021	Theragun	Body
☐	022	Walk around barefoot	Body
☐	023	Walk around in the nude	Body
☐	024	Walk around the neighborhood	Body
☐	025	Child's Pose	Body
☐	026	Do hand stretches	Body
☐	027	Drink Water	Body
☐	028	Legs up the wall	Body
☐	029	Pretend to belly dance	Body
☐	030	Put on your bathing suit	Body
☐	031	Shake your body crazily	Body
☐	032	Take your time getting ready for bed	Body
☐	033	Walk balancing a book on your head	Body
☐	034	Change the water in the plants	Care
☐	035	Change your pillowcases	Care
☐	036	Clean a pair of shoes	Care
☐	037	Clean baseboards	Care
☐	038	Clean one cabinet	Care
☐	039	Clean one drawer	Care
☐	040	Clean your bathroom	Care
☐	041	Clean your glove compartment	Care
☐	042	Clean your kitchen	Care
☐	043	Clean your mirrors	Care

THE CHALLENGE CHECKLIST

Mark any moment you choose • No required order, pace, or streak

☐	044	Clean your phone screen and case	Care
☐	045	Clean your water bottle	Care
☐	046	Create space on your phone	Care
☐	047	Deep clean the dishwasher	Care
☐	048	Deep clean the fridge	Care
☐	049	Deep clean the microwave	Care
☐	050	Delete 20 photos	Care
☐	051	Do a face mask	Care
☐	052	Do a foot or hand mask	Care
☐	053	Do a lip mask	Care
☐	054	Do something in alignment with your purpose	Care
☐	055	Do something to honor your values	Care
☐	056	Drink water	Care
☐	057	Dust heirlooms	Care
☐	058	Dust pictures	Care
☐	059	Eat fruit	Care
☐	060	Fix something in the house	Care
☐	061	Get rid of 10 items	Care
☐	062	Get rid of 3 books	Care
☐	063	Get rid of 3 items from your closet	Care
☐	064	Get rid of 3 items from your kitchen	Care
☐	065	Get rid of 5 items	Care
☐	066	Get rid of pens/pencils and organize	Care
☐	067	Give yourself a hug	Care
☐	068	Have a snack	Care
☐	069	Journal	Care
☐	070	Maintain your nails	Care
☐	071	Make tea	Care
☐	072	Make your space smell good	Care
☐	073	Mop	Care
☐	074	Open windows and air out the house	Care
☐	075	Organize something in your bedroom	Care
☐	076	Organize something in your car	Care
☐	077	Organize something in your craft room	Care
☐	078	Organize something in your office	Care
☐	079	Talk to your plants	Care
☐	080	Organize your freezer	Care
☐	081	Organize your fridge	Care
☐	082	Organize your silverware and cooking utensils	Care
☐	083	Prepare tomorrow's outfit	Care
☐	084	Prune your plants	Care
☐	085	Reset your Space	Care
☐	086	Rest without guilt	Care

THE CHALLENGE CHECKLIST

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☐	087	Set a ten minute timer and get as much done as possible	Care
☐	088	Share three positive affirmations for yourself out loud	Care
☐	089	Sit outside	Care
☐	090	Stare at the ceiling	Care
☐	091	Sweep the floor	Care
☐	092	Take a nap	Care
☐	093	Update your weekly/daily schedule	Care
☐	094	Vacuum crevices	Care
☐	095	Water plants	Care
☐	096	Wipe down your desk and tables	Care
☐	097	Write a letter to future you	Care
☐	098	Write a letter to past you	Care
☐	099	Write a list of lessons from the past week	Care
☐	100	Write what you need right now	Care
☐	101	Ask someone how you can pray for them	Connection
☐	102	Ask someone how you can support them	Connection
☐	103	Call a family member	Connection
☐	104	Call a friend	Connection
☐	105	Clear out an inbox	Connection
☐	106	Facetime someone	Connection
☐	107	Leave a kind comment online	Connection
☐	108	Post Google reviews	Connection
☐	109	Reach out to someone you haven't in the past thirty days	Connection
☐	110	Send a good morning text	Connection
☐	111	Send a meme to someone	Connection
☐	112	Send a song to someone that reminds you of them	Connection
☐	113	Send a thank you note	Connection
☐	114	Send a thinking of you text	Connection
☐	115	Send a TikTok to someone	Connection
☐	116	Send a voice note	Connection
☐	117	Send an apology	Connection
☐	118	Send words of affirmation	Connection
☐	119	Send words of encouragement	Connection
☐	120	Share a memory with someone	Connection
☐	121	Share a song that helped you recently	Connection
☐	122	Share about someone's business/work	Connection
☐	123	Share something good with someone	Connection
☐	124	Smile at someone intentionally	Connection
☐	125	Tell someone that you're doing this challenge	Connection
☐	126	Write a card	Connection
☐	127	Write a letter to someone	Connection
☐	128	Write a note to someone	Connection
☐	129	Accept where you are today	Courage

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☐	130	Admit something out loud	Courage
☐	131	Admit something that you miss	Courage
☐	132	Admit to what you're feeling	Courage
☐	133	Apologize to yourself	Courage
☐	134	Apply to scary project	Courage
☐	135	Ask a question of yourself that you haven't	Courage
☐	136	Ask for help for something	Courage
☐	137	Do something scary	Courage
☐	138	Do something slowly	Courage
☐	139	Express gratitude for rejection, failure, fear	Courage
☐	140	Finish a task stalker	Courage
☐	141	Forgive yourself for something	Courage
☐	142	Honestly admit something that hurts	Courage
☐	143	List moments of when you were courageous	Courage
☐	144	Look in the mirror and compliment what you most like about yourself	Courage
☐	145	Post something imperfect	Courage
☐	146	Reach out to a dream mentor	Courage
☐	147	Share about your most recent rejection	Courage
☐	148	Share an honest thought in writing	Courage
☐	149	Sit with a feeling without distraction	Courage
☐	150	Stare in the mirror and say 3 nice things to yourself	Courage
☐	151	Stare in the mirror and say 5 nice things to yourself	Courage
☐	152	Start something that you've been putting off	Courage
☐	153	Thank your younger self	Courage
☐	154	Write about how you've changed this year	Courage
☐	155	Write down a fear and tear it up	Courage
☐	156	Write three emotions you're feeling, and feel them	Courage
☐	157	Write what has surprised you about the challenge so far	Courage
☐	158	Daydream	Creation
☐	159	Brainstorm ridiculous business ideas	Creation
☐	160	Color a page	Creation
☐	161	Create a book title	Creation
☐	162	Create a business plan involving Fire	Creation
☐	163	Create a business strategy involving plants	Creation
☐	164	Create a joke involving spoons	Creation
☐	165	Create a new dance move	Creation
☐	166	Create a paper airplane	Creation
☐	167	Create a song using the word "fancy"	Creation
☐	168	Create an outfit with something you never wear	Creation
☐	169	Create art from three pieces of toilet paper	Creation
☐	170	Create art	Creation
☐	171	Create new outfit idea using something black	Creation
☐	172	Create new outfit idea using something blue	Creation

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☐	173	Create new outfit idea using something cream/white	Creation
☐	174	Create new outfit idea using something pink	Creation
☐	175	Create origami	Creation
☐	176	Cut out paper snowflakes	Creation
☐	177	Design a reality TV show concept	Creation
☐	178	Design a retreat theme	Creation
☐	179	Doodle without lifting the pen	Creation
☐	180	Draw a self portrait	Creation
☐	181	Draw something using only geometric shapes	Creation
☐	182	Paint something	Creation
☐	183	Practice the piano	Creation
☐	184	Sketch a flower	Creation
☐	185	Sketch something abstract	Creation
☐	186	Sketch something nearby	Creation
☐	187	Sketch without looking at the page	Creation
☐	188	Take aesthetic photos around the house	Creation
☐	189	Take an artistic photo of ordinary objects	Creation
☐	190	Try something new with your makeup	Creation
☐	191	Write about something that is still bothering you	Creation
☐	192	Write about something you're proud of	Creation
☐	193	Write dialogue with Failure	Creation
☐	194	Write dialogue with Fear	Creation
☐	195	Write dialogue with Rejection	Creation
☐	196	Browse eventbrite events	Curiosity
☐	197	Learn a fact about today's date	Curiosity
☐	198	Learn a fact about your birthday	Curiosity
☐	199	Learn a fact about your location	Curiosity
☐	200	Learn a psychology concept	Curiosity
☐	201	Learn a random science fact	Curiosity
☐	202	Learn how to say "discombobulated" in three new languages	Curiosity
☐	203	Look at cats to adopt	Curiosity
☐	204	Look at houses	Curiosity
☐	205	Look up a country beginning with the letter "M"	Curiosity
☐	206	Look up an animal beginning with "L"	Curiosity
☐	207	Look up little known facts about feet	Curiosity
☐	208	Look up unknown facts about ovens	Curiosity
☐	209	Plan a same day trip internationally	Curiosity
☐	210	Practice Spanish	Curiosity
☐	211	Read the news in Spanish	Curiosity
☐	212	Research a Black actor	Curiosity
☐	213	Research a Black author	Curiosity
☐	214	Research a movie	Curiosity
☐	215	Research and save restaurants you would like to visit	Curiosity

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☐	216	Research immersion programs	Curiosity
☐	217	Research sewing	Curiosity
☐	218	Search for dress sales	Curiosity
☐	219	Search for flights	Curiosity
☐	220	Search for shoe sales	Curiosity
☐	221	Search for travel destinations	Curiosity
☐	222	Sit at the front door and observe	Curiosity
☐	223	Sit somewhere in the house where you don't regularly and see what you notice	Curiosity
☐	224	Watch an educational video	Curiosity
☐	225	Write with your non-dominant hand	Curiosity
☐	226	Ask for forgiveness	Faith
☐	227	Ask God a crazy question and listen	Faith
☐	228	Dance like David	Faith
☐	229	Fast for the rest of the day	Faith
☐	230	Freely tell God how you feel in this moment	Faith
☐	231	Listen to a Christian Podcast segment	Faith
☐	232	Meditate on His word	Faith
☐	233	Open the bible randomly and start reading	Faith
☐	234	Open your bible towards the beginning and start reading	Faith
☐	235	Open your bible towards the end and start reading	Faith
☐	236	Play Antonio Neal	Faith
☐	237	Play Blanca	Faith
☐	238	Play Hillsong Young and Free	Faith
☐	239	Play Madison Ryann Ward	Faith
☐	240	Pray for an "enemy"	Faith
☐	241	Pray for former friends	Faith
☐	242	Pray for your exes	Faith
☐	243	Pray for your family	Faith
☐	244	Pray for your friends	Faith
☐	245	Pray for your future self	Faith
☐	246	Pray on your knees	Faith
☐	247	Pray over your body	Faith
☐	248	Pray over your environment	Faith
☐	249	Pray over your previous pain and hurt	Faith
☐	250	Read a chapter of 2 Corinthians	Faith
☐	251	Read a chapter of Ecclesiastes	Faith
☐	252	Read a chapter of Ephesians	Faith
☐	253	Read a chapter of Genesis	Faith
☐	254	Read a chapter of Job	Faith
☐	255	Read a chapter of Ruth	Faith
☐	256	Read Galatians 1	Faith
☐	257	Read Galatians 2	Faith
☐	258	Read Galatians 3	Faith

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☐	259	Read Micah 1	Faith
☐	260	Read Micah 2	Faith
☐	261	Read Psalm 1	Faith
☐	262	Read Psalm 10	Faith
☐	263	Read Psalm 100	Faith
☐	264	Read Psalm 101	Faith
☐	265	Read Psalm 102	Faith
☐	266	Read Psalm 103	Faith
☐	267	Read Psalm 104	Faith
☐	268	Read Psalm 105	Faith
☐	269	Read Psalm 106	Faith
☐	270	Read Psalm 107	Faith
☐	271	Read Psalm 108	Faith
☐	272	Read Psalm 11	Faith
☐	273	Read Psalm 12	Faith
☐	274	Read Psalm 13	Faith
☐	275	Read Psalm 2	Faith
☐	276	Read Psalm 3	Faith
☐	277	Read Psalm 4	Faith
☐	278	Read Psalm 5	Faith
☐	279	Read Psalm 6	Faith
☐	280	Read Psalm 64	Faith
☐	281	Read Psalm 65	Faith
☐	282	Read Psalm 66	Faith
☐	283	Read Psalm 67	Faith
☐	284	Read Psalm 68	Faith
☐	285	Read Psalm 69	Faith
☐	286	Read Psalm 7	Faith
☐	287	Read Psalm 70	Faith
☐	288	Read Psalm 71	Faith
☐	289	Read Psalm 8	Faith
☐	290	Read Psalm 9	Faith
☐	291	Release specific worries to God	Faith
☐	292	Review your church notes	Faith
☐	293	Review your prayer list	Faith
☐	294	Say and repeat a scripture	Faith
☐	295	Share scripture	Faith
☐	296	Sketch for God	Faith
☐	297	Spend 10 minutes in silence with God	Faith
☐	298	Thank God for 10 things	Faith
☐	299	Thank God for 15 things	Faith
☐	300	Thank God for 20 things	Faith
☐	301	Thank God for 5 things	Faith

THE CHALLENGE CHECKLIST

Mark any moment you choose • No required order, pace, or streak

☐	302	Thank God for growth	Faith
☐	303	Thank God for something painful	Faith
☐	304	Watch a Christian TikTok	Faith
☐	305	Write down your prayers	Faith
☐	306	Write down your worries	Faith
☐	307	Write a letter to God	Faith
☐	308	Celebrate something ordinary like you won an award	Joy
☐	309	Clap when you finish tasks	Joy
☐	310	Dance in your birthday suit	Joy
☐	311	Dance in your kitchen	Joy
☐	312	Dance to Beyonce	Joy
☐	313	Dance to Spanish music	Joy
☐	314	Eat chocolate	Joy
☐	315	Enjoy a smoothie	Joy
☐	316	Get chipotle	Joy
☐	317	Get starbucks	Joy
☐	318	Go to a store	Joy
☐	319	Hang out with Kiwi	Joy
☐	320	Have a glass of wine	Joy
☐	321	Laugh for five minutes	Joy
☐	322	Light the Fire	Joy
☐	323	Listen to Christian Music	Joy
☐	324	Listen to Classical Music	Joy
☐	325	Listen to nature	Joy
☐	326	Listen to new music	Joy
☐	327	Listen to only your favorite songs	Joy
☐	328	Listen to songs from the early 2000s	Joy
☐	329	Look at Kiwi	Joy
☐	330	Look at old photos on your phone (particularly the cat ones)	Joy
☐	331	Look at picture memories	Joy
☐	332	Look at the moon	Joy
☐	333	Make a cocktail	Joy
☐	334	Order DoorDash	Joy
☐	335	Plan a solo date	Joy
☐	336	Play a game on your phone	Joy
☐	337	Play sudoku	Joy
☐	338	Pretend you are a celebrity	Joy
☐	339	Pretend you are royalty	Joy
☐	340	Read a book	Joy
☐	341	Read a book in Spanish	Joy
☐	342	Reenact the 2024 Australia Breakdancing performer	Joy
☐	343	Scroll on Pinterest	Joy
☐	344	Sit in the car	Joy

THE CHALLENGE CHECKLIST

Mark any moment you choose • No required order, pace, or streak

☐	345	Sit in the sunlight	Joy
☐	346	Smile at yourself	Joy
☐	347	Speak in an accent	Joy
☐	348	Start Christmas idea generating and/or shopping	Joy
☐	349	Start planning your birthday	Joy
☐	350	Take pictures of things that spark joy	Joy
☐	351	Talk to Kiwi	Joy
☐	352	Twerk	Joy
☐	353	Watch a funny TikTok	Joy
☐	354	Watch a funny YouTube	Joy
☐	355	Watch Hamilton	Joy
☐	356	Watch The Matrix	Joy
☐	357	Watch the sky	Joy
☐	358	Watch Josh Johnson	Joy
☐	359	Wear something you never wear	Joy
☐	360	Word Search	Joy
☐	361	Write five things that make you happy	Joy
☐	362	Do whatever you need or want to	Wildcard
☐	363	Do whatever you need or want to	Wildcard
☐	364	Do whatever you need or want to	Wildcard
☐	365	Do whatever you need or want to	Wildcard

Make it yours / 1 of 2

The original cards stay original

Card numbers and original words are preserved intentionally. The options here are separate companion notes, not replacements. Use them when a particular reference or activity does not fit you.

#007 / Get your heart rate up

Choose movement appropriate for your abilities and environment, such as gentle seated movements, a comfortable walk, or simply noticing how your body feels. No strenuous activity required. Follow any medical activity restrictions.

#023 and #310 / Nudity-related invitations

These are optional and only appropriate in lawful, private settings where you feel comfortable. A fully clothed alternative is to enjoy a comfortable outfit, playful dance, or a moment of freedom of movement.

#229 / Fast for the rest of the day

Original prompt retained. This is not suitable for everyone. Seek qualified healthcare advice as appropriate, especially if you have a medical condition, take medications, have particular nutritional needs, are pregnant, or have a history of disordered eating. Consider instead a short, optional faith reflection or stepping away from a nonessential distraction. Do not fast from essential food, fluids, or medication.

#320 / Have a glass of wine

If alcohol does not fit your age, health, recovery, beliefs, or preferences, choose a favorite nonalcoholic drink and spend a few moments enjoying it intentionally. No purchase necessary.

#319, #329, #351 / Kiwi

Kiwi is the founder's cat. If you do not know Kiwi, enjoy a moment with an animal in your life, notice a pet photo, or learn an interesting animal fact. Participation does not require pet ownership.

Make it yours / 2 of 2

#140 / Task Stalker

A "Task Stalker" is something you have been meaning to do that keeps following you around in your mind. You can finish it, identify a first possible step, or choose not to tackle it today.

#193-195 / Writing dialogue with Failure, Fear, Rejection

Use a notebook, a notes app, or the digital challenge's optional writing/reflection space if available. Imagine a conversation with the idea, not necessarily a real person. You may write one line, a comic exchange, or nothing at all.

#196, #316, #317 / Named services

The originals refer to Eventbrite, Chipotle, and Starbucks (brand names capitalized here for clarity). Feel free to browse free events generally, choose a favorite affordable treat, or explore an alternative that works where you live. Purchasing is never required.

#362-365 / Four intentional Wildcards

The repeated "Do whatever you need or want to" invitations are deliberate. Choose your own ten minutes: rest, care, curiosity, connection, something unfinished, or anything meaningful to you. You can give the moment a name if you like.

How this connects to C.L.E.A.R.

Living Full Out means intentionally participating in the life you have, including ordinary moments. C.L.E.A.R. invites you to explore purpose, values, identity, courage, and impact. A card might touch one, several, or none in any obvious way. If it is useful, ask: "What, if anything, made this a Full Out moment for me?" You decide; no score or forced lesson.

A note about time

Ten minutes is about 1% of a 16-hour waking day. This is an invitation to give a little attention, not a quota. It is fine to choose a shorter, longer, or different experience.