

THE FULL OUT LIFE

10-MINUTE FULL OUT PRINT-AT-HOME CARDS

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.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#001

BODY

4-7-8 Breathing

Your invitation. Your choice.

#002

BODY

Alternate nostril breathing

Your invitation. Your choice.

#003

BODY

Box breathing

Your invitation. Your choice.

#004

BODY

Do plank

Your invitation. Your choice.

#005

BODY

Do ten push-ups

Your invitation. Your choice.

#006

BODY

Foam Roll

Your invitation. Your choice.

#007

BODY

Get your heart rate up

Your invitation. Your choice.

#008

BODY

Go for a walk outside

Your invitation. Your choice.

#009

BODY

Go outside

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#010

BODY

**Lay on the floor and
breathe**

Your invitation. Your choice.

#011

BODY

Lift some weights

Your invitation. Your choice.

#012

BODY

Practice balance pose

Your invitation. Your choice.

#013

BODY

Practice inversions

Your invitation. Your choice.

#014

BODY

Practice splits

Your invitation. Your choice.

#015

BODY

Sit there and do nothing

Your invitation. Your choice.

#016

BODY

Squat

Your invitation. Your choice.

#017

BODY

Stretch like a cat

Your invitation. Your choice.

#018

BODY

Stretch your back

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#019

BODY

Stretch your hips

Your invitation. Your choice.

#020

BODY

Take a walk around the house

Your invitation. Your choice.

#021

BODY

Theragun

Your invitation. Your choice.

#022

BODY

Walk around barefoot

Your invitation. Your choice.

#023

BODY

Walk around in the nude

Your invitation. Your choice.

#024

BODY

Walk around the neighborhood

Your invitation. Your choice.

#025

BODY

Child's Pose

Your invitation. Your choice.

#026

BODY

Do hand stretches

Your invitation. Your choice.

#027

BODY

Drink Water

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#028

BODY

Legs up the wall

Your invitation. Your choice.

#029

BODY

Pretend to belly dance

Your invitation. Your choice.

#030

BODY

Put on your bathing suit

Your invitation. Your choice.

#031

BODY

Shake your body crazily

Your invitation. Your choice.

#032

BODY

**Take your time getting
ready for bed**

Your invitation. Your choice.

#033

BODY

**Walk balancing a book on
your head**

Your invitation. Your choice.

#034

CARE

**Change the water in the
plants**

Your invitation. Your choice.

#035

CARE

Change your pillowcases

Your invitation. Your choice.

#036

CARE

Clean a pair of shoes

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#037

CARE

Clean baseboards

Your invitation. Your choice.

#038

CARE

Clean one cabinet

Your invitation. Your choice.

#039

CARE

Clean one drawer

Your invitation. Your choice.

#040

CARE

Clean your bathroom

Your invitation. Your choice.

#041

CARE

**Clean your glove
compartment**

Your invitation. Your choice.

#042

CARE

Clean your kitchen

Your invitation. Your choice.

#043

CARE

Clean your mirrors

Your invitation. Your choice.

#044

CARE

**Clean your phone screen
and case**

Your invitation. Your choice.

#045

CARE

Clean your water bottle

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#046

CARE

**Create space on your
phone**

Your invitation. Your choice.

#047

CARE

Deep clean the dishwasher

Your invitation. Your choice.

#048

CARE

Deep clean the fridge

Your invitation. Your choice.

#049

CARE

Deep clean the microwave

Your invitation. Your choice.

#050

CARE

Delete 20 photos

Your invitation. Your choice.

#051

CARE

Do a face mask

Your invitation. Your choice.

#052

CARE

Do a foot or hand mask

Your invitation. Your choice.

#053

CARE

Do a lip mask

Your invitation. Your choice.

#054

CARE

**Do something in alignment
with your purpose**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#055

CARE

**Do something to honor
your values**

Your invitation. Your choice.

#056

CARE

Drink water

Your invitation. Your choice.

#057

CARE

Dust heirlooms

Your invitation. Your choice.

#058

CARE

Dust pictures

Your invitation. Your choice.

#059

CARE

Eat fruit

Your invitation. Your choice.

#060

CARE

Fix something in the house

Your invitation. Your choice.

#061

CARE

Get rid of 10 items

Your invitation. Your choice.

#062

CARE

Get rid of 3 books

Your invitation. Your choice.

#063

CARE

**Get rid of 3 items from your
closet**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#064

CARE

Get rid of 3 items from your kitchen

Your invitation. Your choice.

#065

CARE

Get rid of 5 items

Your invitation. Your choice.

#066

CARE

Get rid of pens/pencils and organize

Your invitation. Your choice.

#067

CARE

Give yourself a hug

Your invitation. Your choice.

#068

CARE

Have a snack

Your invitation. Your choice.

#069

CARE

Journal

Your invitation. Your choice.

#070

CARE

Maintain your nails

Your invitation. Your choice.

#071

CARE

Make tea

Your invitation. Your choice.

#072

CARE

Make your space smell good

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#073

CARE

Mop

Your invitation. Your choice.

#074

CARE

**Open windows and air out
the house**

Your invitation. Your choice.

#075

CARE

**Organize something in your
bedroom**

Your invitation. Your choice.

#076

CARE

**Organize something in your
car**

Your invitation. Your choice.

#077

CARE

**Organize something in your
craft room**

Your invitation. Your choice.

#078

CARE

**Organize something in your
office**

Your invitation. Your choice.

#079

CARE

Talk to your plants

Your invitation. Your choice.

#080

CARE

Organize your freezer

Your invitation. Your choice.

#081

CARE

Organize your fridge

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#082

CARE

**Organize your silverware
and cooking utensils**

Your invitation. Your choice.

#083

CARE

Prepare tomorrow's outfit

Your invitation. Your choice.

#084

CARE

Prune your plants

Your invitation. Your choice.

#085

CARE

Reset your Space

Your invitation. Your choice.

#086

CARE

Rest without guilt

Your invitation. Your choice.

#087

CARE

**Set a ten minute timer and
get as much done as
possible**

Your invitation. Your choice.

#088

CARE

**Share three positive
affirmations for yourself
out loud**

Your invitation. Your choice.

#089

CARE

Sit outside

Your invitation. Your choice.

#090

CARE

Stare at the ceiling

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#091

CARE

Sweep the floor

Your invitation. Your choice.

#092

CARE

Take a nap

Your invitation. Your choice.

#093

CARE

**Update your weekly/daily
schedule**

Your invitation. Your choice.

#094

CARE

Vacuum crevices

Your invitation. Your choice.

#095

CARE

Water plants

Your invitation. Your choice.

#096

CARE

**Wipe down your desk and
tables**

Your invitation. Your choice.

#097

CARE

Write a letter to future you

Your invitation. Your choice.

#098

CARE

Write a letter to past you

Your invitation. Your choice.

#099

CARE

**Write a list of lessons from
the past week**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#100

CARE

Write what you need right now

Your invitation. Your choice.

#101

CONNECTION

Ask someone how you can pray for them

Your invitation. Your choice.

#102

CONNECTION

Ask someone how you can support them

Your invitation. Your choice.

#103

CONNECTION

Call a family member

Your invitation. Your choice.

#104

CONNECTION

Call a friend

Your invitation. Your choice.

#105

CONNECTION

Clear out an inbox

Your invitation. Your choice.

#106

CONNECTION

Facetime someone

Your invitation. Your choice.

#107

CONNECTION

Leave a kind comment online

Your invitation. Your choice.

#108

CONNECTION

Post Google reviews

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#109

CONNECTION

**Reach out to someone you
haven't in the past thirty
days**

Your invitation. Your choice.

#110

CONNECTION

Send a good morning text

Your invitation. Your choice.

#111

CONNECTION

Send a meme to someone

Your invitation. Your choice.

#112

CONNECTION

**Send a song to someone
that reminds you of them**

Your invitation. Your choice.

#113

CONNECTION

Send a thank you note

Your invitation. Your choice.

#114

CONNECTION

Send a thinking of you text

Your invitation. Your choice.

#115

CONNECTION

Send a TikTok to someone

Your invitation. Your choice.

#116

CONNECTION

Send a voice note

Your invitation. Your choice.

#117

CONNECTION

Send an apology

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#118

CONNECTION

Send words of affirmation

Your invitation. Your choice.

#119

CONNECTION

Send words of encouragement

Your invitation. Your choice.

#120

CONNECTION

Share a memory with someone

Your invitation. Your choice.

#121

CONNECTION

Share a song that helped you recently

Your invitation. Your choice.

#122

CONNECTION

Share about someone's business/work

Your invitation. Your choice.

#123

CONNECTION

Share something good with someone

Your invitation. Your choice.

#124

CONNECTION

Smile at someone intentionally

Your invitation. Your choice.

#125

CONNECTION

Tell someone that you're doing this challenge

Your invitation. Your choice.

#126

CONNECTION

Write a card

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#127

CONNECTION

Write a letter to someone

Your invitation. Your choice.

#128

CONNECTION

Write a note to someone

Your invitation. Your choice.

#129

COURAGE

Accept where you are today

Your invitation. Your choice.

#130

COURAGE

Admit something out loud

Your invitation. Your choice.

#131

COURAGE

**Admit something that you
miss**

Your invitation. Your choice.

#132

COURAGE

**Admit to what you're
feeling**

Your invitation. Your choice.

#133

COURAGE

Apologize to yourself

Your invitation. Your choice.

#134

COURAGE

Apply to scary project

Your invitation. Your choice.

#135

COURAGE

**Ask a question of yourself
that you haven't**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#136

COURAGE

Ask for help for something

Your invitation. Your choice.

#137

COURAGE

Do something scary

Your invitation. Your choice.

#138

COURAGE

Do something slowly

Your invitation. Your choice.

#139

COURAGE

**Express gratitude for
rejection, failure, fear**

Your invitation. Your choice.

#140

COURAGE

Finish a task stalker

Your invitation. Your choice.

#141

COURAGE

**Forgive yourself for
something**

Your invitation. Your choice.

#142

COURAGE

**Honestly admit something
that hurts**

Your invitation. Your choice.

#143

COURAGE

**List moments of when you
were courageous**

Your invitation. Your choice.

#144

COURAGE

**Look in the mirror and
compliment what you most
like about yourself**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#145

COURAGE

Post something imperfect

Your invitation. Your choice.

#146

COURAGE

**Reach out to a dream
mentor**

Your invitation. Your choice.

#147

COURAGE

**Share about your most
recent rejection**

Your invitation. Your choice.

#148

COURAGE

**Share an honest thought in
writing**

Your invitation. Your choice.

#149

COURAGE

**Sit with a feeling without
distraction**

Your invitation. Your choice.

#150

COURAGE

**Stare in the mirror and say
3 nice things to yourself**

Your invitation. Your choice.

#151

COURAGE

**Stare in the mirror and say
5 nice things to yourself**

Your invitation. Your choice.

#152

COURAGE

**Start something that you've
been putting off**

Your invitation. Your choice.

#153

COURAGE

Thank your younger self

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#154

COURAGE

**Write about how you've
changed this year**

Your invitation. Your choice.

#155

COURAGE

**Write down a fear and tear
it up**

Your invitation. Your choice.

#156

COURAGE

**Write three emotions you're
feeling, and feel them**

Your invitation. Your choice.

#157

COURAGE

**Write what has surprised
you about the challenge so
far**

Your invitation. Your choice.

#158

CREATION

Daydream

Your invitation. Your choice.

#159

CREATION

**Brainstorm ridiculous
business ideas**

Your invitation. Your choice.

#160

CREATION

Color a page

Your invitation. Your choice.

#161

CREATION

Create a book title

Your invitation. Your choice.

#162

CREATION

**Create a business plan
involving Fire**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#163

CREATION

**Create a business strategy
involving plants**

Your invitation. Your choice.

#164

CREATION

**Create a joke involving
spoons**

Your invitation. Your choice.

#165

CREATION

Create a new dance move

Your invitation. Your choice.

#166

CREATION

Create a paper airplane

Your invitation. Your choice.

#167

CREATION

**Create a song using the
word "fancy"**

Your invitation. Your choice.

#168

CREATION

**Create an outfit with
something you never wear**

Your invitation. Your choice.

#169

CREATION

**Create art from three pieces
of toilet paper**

Your invitation. Your choice.

#170

CREATION

Create art

Your invitation. Your choice.

#171

CREATION

**Create new outfit idea
using something black**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#172

CREATION

**Create new outfit idea
using something blue**

Your invitation. Your choice.

#173

CREATION

**Create new outfit idea
using something
cream/white**

Your invitation. Your choice.

#174

CREATION

**Create new outfit idea
using something pink**

Your invitation. Your choice.

#175

CREATION

Create origami

Your invitation. Your choice.

#176

CREATION

Cut out paper snowflakes

Your invitation. Your choice.

#177

CREATION

**Design a reality TV show
concept**

Your invitation. Your choice.

#178

CREATION

Design a retreat theme

Your invitation. Your choice.

#179

CREATION

**Doodle without lifting the
pen**

Your invitation. Your choice.

#180

CREATION

Draw a self portrait

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#181

CREATION

**Draw something using only
geometric shapes**

Your invitation. Your choice.

#182

CREATION

Paint something

Your invitation. Your choice.

#183

CREATION

Practice the piano

Your invitation. Your choice.

#184

CREATION

Sketch a flower

Your invitation. Your choice.

#185

CREATION

Sketch something abstract

Your invitation. Your choice.

#186

CREATION

Sketch something nearby

Your invitation. Your choice.

#187

CREATION

**Sketch without looking at
the page**

Your invitation. Your choice.

#188

CREATION

**Take aesthetic photos
around the house**

Your invitation. Your choice.

#189

CREATION

**Take an artistic photo of
ordinary objects**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#190

CREATION

**Try something new with
your makeup**

Your invitation. Your choice.

#191

CREATION

**Write about something that
is still bothering you**

Your invitation. Your choice.

#192

CREATION

**Write about something
you're proud of**

Your invitation. Your choice.

#193

CREATION

Write dialogue with Failure

Your invitation. Your choice.

#194

CREATION

Write dialogue with Fear

Your invitation. Your choice.

#195

CREATION

**Write dialogue with
Rejection**

Your invitation. Your choice.

#196

CURIOSITY

Browse eventbrite events

Your invitation. Your choice.

#197

CURIOSITY

**Learn a fact about today's
date**

Your invitation. Your choice.

#198

CURIOSITY

**Learn a fact about your
birthday**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#199

CURIOSITY

**Learn a fact about your
location**

Your invitation. Your choice.

#200

CURIOSITY

**Learn a psychology
concept**

Your invitation. Your choice.

#201

CURIOSITY

**Learn a random science
fact**

Your invitation. Your choice.

#202

CURIOSITY

**Learn how to say
"discombobulated" in three
new languages**

Your invitation. Your choice.

#203

CURIOSITY

Look at cats to adopt

Your invitation. Your choice.

#204

CURIOSITY

Look at houses

Your invitation. Your choice.

#205

CURIOSITY

**Look up a country
beginning with the letter
"M"**

Your invitation. Your choice.

#206

CURIOSITY

**Look up an animal
beginning with "L"**

Your invitation. Your choice.

#207

CURIOSITY

**Look up little known facts
about feet**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#208

CURIOSITY

**Look up unknown facts
about ovens**

Your invitation. Your choice.

#209

CURIOSITY

**Plan a same day trip
internationally**

Your invitation. Your choice.

#210

CURIOSITY

Practice Spanish

Your invitation. Your choice.

#211

CURIOSITY

Read the news in Spanish

Your invitation. Your choice.

#212

CURIOSITY

Research a Black actor

Your invitation. Your choice.

#213

CURIOSITY

Research a Black author

Your invitation. Your choice.

#214

CURIOSITY

Research a movie

Your invitation. Your choice.

#215

CURIOSITY

**Research and save
restaurants you would like
to visit**

Your invitation. Your choice.

#216

CURIOSITY

**Research immersion
programs**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#217

CURIOSITY

Research sewing

Your invitation. Your choice.

#218

CURIOSITY

Search for dress sales

Your invitation. Your choice.

#219

CURIOSITY

Search for flights

Your invitation. Your choice.

#220

CURIOSITY

Search for shoe sales

Your invitation. Your choice.

#221

CURIOSITY

**Search for travel
destinations**

Your invitation. Your choice.

#222

CURIOSITY

**Sit at the front door and
observe**

Your invitation. Your choice.

#223

CURIOSITY

**Sit somewhere in the house
where you don't regularly
and see what you notice**

Your invitation. Your choice.

#224

CURIOSITY

Watch an educational video

Your invitation. Your choice.

#225

CURIOSITY

**Write with your
non-dominant hand**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#226

FAITH

Ask for forgiveness

Your invitation. Your choice.

#227

FAITH

**Ask God a crazy question
and listen**

Your invitation. Your choice.

#228

FAITH

Dance like David

Your invitation. Your choice.

#229

FAITH

Fast for the rest of the day

Your invitation. Your choice.

#230

FAITH

**Freely tell God how you feel
in this moment**

Your invitation. Your choice.

#231

FAITH

**Listen to a Christian
Podcast segment**

Your invitation. Your choice.

#232

FAITH

Meditate on His word

Your invitation. Your choice.

#233

FAITH

**Open the bible randomly
and start reading**

Your invitation. Your choice.

#234

FAITH

**Open your bible towards
the beginning and start
reading**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#235

FAITH

**Open your bible towards
the end and start reading**

Your invitation. Your choice.

#236

FAITH

Play Antonio Neal

Your invitation. Your choice.

#237

FAITH

Play Blanca

Your invitation. Your choice.

#238

FAITH

**Play Hillsong Young and
Free**

Your invitation. Your choice.

#239

FAITH

Play Madison Ryann Ward

Your invitation. Your choice.

#240

FAITH

Pray for an "enemy"

Your invitation. Your choice.

#241

FAITH

Pray for former friends

Your invitation. Your choice.

#242

FAITH

Pray for your exes

Your invitation. Your choice.

#243

FAITH

Pray for your family

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#244

FAITH

Pray for your friends

Your invitation. Your choice.

#245

FAITH

Pray for your future self

Your invitation. Your choice.

#246

FAITH

Pray on your knees

Your invitation. Your choice.

#247

FAITH

Pray over your body

Your invitation. Your choice.

#248

FAITH

Pray over your environment

Your invitation. Your choice.

#249

FAITH

**Pray over your previous
pain and hurt**

Your invitation. Your choice.

#250

FAITH

**Read a chapter of 2
Corinthians**

Your invitation. Your choice.

#251

FAITH

**Read a chapter of
Ecclesiastes**

Your invitation. Your choice.

#252

FAITH

**Read a chapter of
Ephesians**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#253

FAITH

Read a chapter of Genesis

Your invitation. Your choice.

#254

FAITH

Read a chapter of Job

Your invitation. Your choice.

#255

FAITH

Read a chapter of Ruth

Your invitation. Your choice.

#256

FAITH

Read Galatians 1

Your invitation. Your choice.

#257

FAITH

Read Galatians 2

Your invitation. Your choice.

#258

FAITH

Read Galatians 3

Your invitation. Your choice.

#259

FAITH

Read Micah 1

Your invitation. Your choice.

#260

FAITH

Read Micah 2

Your invitation. Your choice.

#261

FAITH

Read Psalm 1

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#262

FAITH

Read Psalm 10

Your invitation. Your choice.

#263

FAITH

Read Psalm 100

Your invitation. Your choice.

#264

FAITH

Read Psalm 101

Your invitation. Your choice.

#265

FAITH

Read Psalm 102

Your invitation. Your choice.

#266

FAITH

Read Psalm 103

Your invitation. Your choice.

#267

FAITH

Read Psalm 104

Your invitation. Your choice.

#268

FAITH

Read Psalm 105

Your invitation. Your choice.

#269

FAITH

Read Psalm 106

Your invitation. Your choice.

#270

FAITH

Read Psalm 107

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#271

FAITH

Read Psalm 108

Your invitation. Your choice.

#272

FAITH

Read Psalm 11

Your invitation. Your choice.

#273

FAITH

Read Psalm 12

Your invitation. Your choice.

#274

FAITH

Read Psalm 13

Your invitation. Your choice.

#275

FAITH

Read Psalm 2

Your invitation. Your choice.

#276

FAITH

Read Psalm 3

Your invitation. Your choice.

#277

FAITH

Read Psalm 4

Your invitation. Your choice.

#278

FAITH

Read Psalm 5

Your invitation. Your choice.

#279

FAITH

Read Psalm 6

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#280

FAITH

Read Psalm 64

Your invitation. Your choice.

#281

FAITH

Read Psalm 65

Your invitation. Your choice.

#282

FAITH

Read Psalm 66

Your invitation. Your choice.

#283

FAITH

Read Psalm 67

Your invitation. Your choice.

#284

FAITH

Read Psalm 68

Your invitation. Your choice.

#285

FAITH

Read Psalm 69

Your invitation. Your choice.

#286

FAITH

Read Psalm 7

Your invitation. Your choice.

#287

FAITH

Read Psalm 70

Your invitation. Your choice.

#288

FAITH

Read Psalm 71

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#289

FAITH

Read Psalm 8

Your invitation. Your choice.

#290

FAITH

Read Psalm 9

Your invitation. Your choice.

#291

FAITH

**Release specific worries to
God**

Your invitation. Your choice.

#292

FAITH

Review your church notes

Your invitation. Your choice.

#293

FAITH

Review your prayer list

Your invitation. Your choice.

#294

FAITH

Say and repeat a scripture

Your invitation. Your choice.

#295

FAITH

Share scripture

Your invitation. Your choice.

#296

FAITH

Sketch for God

Your invitation. Your choice.

#297

FAITH

**Spend 10 minutes in
silence with God**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#298

FAITH

Thank God for 10 things

Your invitation. Your choice.

#299

FAITH

Thank God for 15 things

Your invitation. Your choice.

#300

FAITH

Thank God for 20 things

Your invitation. Your choice.

#301

FAITH

Thank God for 5 things

Your invitation. Your choice.

#302

FAITH

Thank God for growth

Your invitation. Your choice.

#303

FAITH

**Thank God for something
painful**

Your invitation. Your choice.

#304

FAITH

Watch a Christian TikTok

Your invitation. Your choice.

#305

FAITH

Write down your prayers

Your invitation. Your choice.

#306

FAITH

Write down your worries

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#307

FAITH

Write a letter to God

Your invitation. Your choice.

#308

JOY

**Celebrate something
ordinary like you won an
award**

Your invitation. Your choice.

#309

JOY

Clap when you finish tasks

Your invitation. Your choice.

#310

JOY

Dance in your birthday suit

Your invitation. Your choice.

#311

JOY

Dance in your kitchen

Your invitation. Your choice.

#312

JOY

Dance to Beyonce

Your invitation. Your choice.

#313

JOY

Dance to Spanish music

Your invitation. Your choice.

#314

JOY

Eat chocolate

Your invitation. Your choice.

#315

JOY

Enjoy a smoothie

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#316

JOY

Get chipotle

Your invitation. Your choice.

#317

JOY

Get starbucks

Your invitation. Your choice.

#318

JOY

Go to a store

Your invitation. Your choice.

#319

JOY

Hang out with Kiwi

Your invitation. Your choice.

#320

JOY

Have a glass of wine

Your invitation. Your choice.

#321

JOY

Laugh for five minutes

Your invitation. Your choice.

#322

JOY

Light the Fire

Your invitation. Your choice.

#323

JOY

Listen to Christian Music

Your invitation. Your choice.

#324

JOY

Listen to Classical Music

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#325

JOY

Listen to nature

Your invitation. Your choice.

#326

JOY

Listen to new music

Your invitation. Your choice.

#327

JOY

Listen to only your favorite songs

Your invitation. Your choice.

#328

JOY

Listen to songs from the early 2000s

Your invitation. Your choice.

#329

JOY

Look at Kiwi

Your invitation. Your choice.

#330

JOY

Look at old photos on your phone (particularly the cat ones)

Your invitation. Your choice.

#331

JOY

Look at picture memories

Your invitation. Your choice.

#332

JOY

Look at the moon

Your invitation. Your choice.

#333

JOY

Make a cocktail

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#334

JOY

Order DoorDash

Your invitation. Your choice.

#335

JOY

Plan a solo date

Your invitation. Your choice.

#336

JOY

Play a game on your phone

Your invitation. Your choice.

#337

JOY

Play sudoku

Your invitation. Your choice.

#338

JOY

Pretend you are a celebrity

Your invitation. Your choice.

#339

JOY

Pretend you are royalty

Your invitation. Your choice.

#340

JOY

Read a book

Your invitation. Your choice.

#341

JOY

Read a book in Spanish

Your invitation. Your choice.

#342

JOY

**Reenact the 2024 Australia
Breakdancing performer**

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#343

JOY

Scroll on Pinterest

Your invitation. Your choice.

#344

JOY

Sit in the car

Your invitation. Your choice.

#345

JOY

Sit in the sunlight

Your invitation. Your choice.

#346

JOY

Smile at yourself

Your invitation. Your choice.

#347

JOY

Speak in an accent

Your invitation. Your choice.

#348

JOY

**Start Christmas idea
generating and/or shopping**

Your invitation. Your choice.

#349

JOY

**Start planning your
birthday**

Your invitation. Your choice.

#350

JOY

**Take pictures of things that
spark joy**

Your invitation. Your choice.

#351

JOY

Talk to Kiwi

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#352

JOY

Twerk

Your invitation. Your choice.

#353

JOY

Watch a funny TikTok

Your invitation. Your choice.

#354

JOY

Watch a funny YouTube

Your invitation. Your choice.

#355

JOY

Watch Hamilton

Your invitation. Your choice.

#356

JOY

Watch The Matrix

Your invitation. Your choice.

#357

JOY

Watch the sky

Your invitation. Your choice.

#358

JOY

Watch Josh Johnson

Your invitation. Your choice.

#359

JOY

**Wear something you never
wear**

Your invitation. Your choice.

#360

JOY

Word Search

Your invitation. Your choice.

365 ORIGINAL INVITATIONS

Cut along the borders • Card numbers are not day numbers

#361

JOY

**Write five things that make
you happy**

Your invitation. Your choice.

#362

WILDCARD

**Do whatever you need or
want to**

Your invitation. Your choice.

#363

WILDCARD

**Do whatever you need or
want to**

Your invitation. Your choice.

#364

WILDCARD

**Do whatever you need or
want to**

Your invitation. Your choice.

#365

WILDCARD

**Do whatever you need or
want to**

Your invitation. Your choice.

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.