

B.L.E.S.S. | Meal Calendar

This simple tool is another reminder that the B.L.E.S.S. practices are not a program but a new way to live your life. Most of us eat three meals a day, seven days a week. You do not have to do anything different—just use any of the twenty-one opportunities to bless a friend or neighbor by sharing a meal.

Use this simple tool at the beginning of every week to pick just one meal or one coffee (add dessert if you really want to be a blessing!) to bless someone. I'm not asking you to add a single minute to your schedule. I'm simply challenging you to include someone in something you're already doing. But plan it out.

Eat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Lunch							
Dinner							
Coffee							