

## 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. You don't have to add a single minute to your schedule. It's a simple challenge to include someone in something you're already doing. But plan it out.

<b>EAT</b>	<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>
<b>breakfast</b>							
<b>lunch</b>							
<b>dinner</b>							
<b>coffee</b>							