Start the weekly rhythm.

Seven small practices, one Mon-Sun cycle. Print the week, save the rhythm, and come back Sunday at 9 PM.

MON - Encourage:	Speak one true thing over someone who is tired. Send the text, not the speech.
TUE - Give:	Find the smallest thing on your desk. Let it go. Generosity rehearsed daily.
WED - Call:	Pick up the phone. Voice carries what text cannot. One hour of relationship.
THU - Serve:	Do the invisible task nobody asked for. The dishwasher, the footnote, the prep.
FRI - Forgive:	Rehearse the small release. One offense. Lay it down before Sunday.
SAT - Worship:	Quiet for an hour. Read, pray, sit. Let the week land without an audience.
SUN - Begin Again:	Re-pledge. The cycle is the practice; the practice is the cycle.

Make Today A Sonday. A printable Mon-Sun rhythm read once, fold, put on the fridge, and come back Sunday at 9 PM.