

NGHIA SI WEEK 3: SACRIFICE

Sun 4/23

Give up coffee
& soda

Mon 4/24

Fast from
social media

Tue 4/25

Go without
electronics for
leisure

Wed 4/26

Spend quality
time with
family

Thu 4/27

Sleep early/
wake up early

Fri 4/28

Give up a
favorite snack

Sat 4/29

Clean my
room

NGHIA SI WEEK 4: APOSTOLIC WORKS

Sun 4/30

Help with household chores without being asked

Mon 5/1

Donate a service (tutoring, mowing lawn)

Tue 5/2

Greet and smile at someone new

Wed 5/3

Collect clothes to donate

Thu 5/4

Follow & engage with new charities on social media

Fri 5/5

Hold the door for someone

Sat 5/6

Support a new business