

# A Flowing Stream

Insert your gentle reminders for the 6 Springs: Work, Rest, Play, Worship, Learn, Connect.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Morning</i>						
<i>Afternoon</i>						

## 6 Springs Ideas

Brainstorm some options for each.

Work	
Rest	
Learn	
Play	
Worship	
Connect	