

My Time

Plan • Reflect • Relax



Paula Nafziger

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More on Me

Birthdate _____

Birthplace _____

Religion/Spirituality/Belief's _____

Place of meeting or worship _____

Address _____

☐ Single ☐ Engaged ☐ Married ☐ Widowed ☐ Divorced

Maiden Name(s) _____

Deceased Spouse's Name _____

☐ I have a library card.

☐ I have a current/valid passport.

☐ I have DMV issued driver's license.

☐ I have DMV issued identification card.

☐ I have an original certificate of Baptism.

☐ I have an original or a certified copy of my birth certificate.

☐ I have an original or a certified copy of my marriage certificate.

☐ I have an original or a certified copy of the final decree of divorce.

☐ I have an easily accessible government issued social security card.

☐ I have an original or a certified copy of each of my children's birth certificates.

☐ I have an original or a certified copy of my deceased spouse's death certificate.

☐ I am currently incarcerated and, ☐ I am allowed a 8.5"w x 11"h x 2" thick book,

so I have written for a free copy of "Roadmap to Reentry: A California Legal Guide":

Root & Rebound, 1730 Franklin Street, Suite 300, Oakland, CA 94612



What I Want My Loved Ones To Know About Me

[illegible]

My Family Tree



Paternal

My Father _____
☐ Adopted ☐ Biological ☐ Step ☐ Deceased Date _____ Cause _____

My Father _____
☐ Adopted ☐ Biological ☐ Step ☐ Deceased Date _____ Cause _____

Grandmother (Dad's mom) _____
☐ Adopted ☐ Biological ☐ Step ☐ Deceased Date _____ Cause _____

Grandfather (Dad's dad) _____
☐ Adopted ☐ Biological ☐ Step ☐ Deceased Date _____ Cause _____

Great Grandmother (Grandfather's mom) _____
☐ Adopted ☐ Biological ☐ Step ☐ Deceased Date _____ Cause _____

Great Grandfather (Grandfather's dad) _____
☐ Adopted ☐ Biological ☐ Step ☐ Deceased Date _____ Cause _____

Paternal Relatives

Father's Brothers (My Uncles), Spouses (Aunts by marriage) & children (My cousins)

Father's Sisters (My Aunts), Spouses (Uncles by marriage) & children (My cousins)

May

1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>
6	<input type="checkbox"/>
7	<input type="checkbox"/>
8	<input type="checkbox"/>
9	<input type="checkbox"/>
10	<input type="checkbox"/>
11	<input type="checkbox"/>
12	<input type="checkbox"/>
13	<input type="checkbox"/>
14	<input type="checkbox"/>
15	<input type="checkbox"/>
16	<input type="checkbox"/>
17	<input type="checkbox"/>
18	<input type="checkbox"/>
19	<input type="checkbox"/>
20	<input type="checkbox"/>
21	<input type="checkbox"/>
22	<input type="checkbox"/>
23	<input type="checkbox"/>
24	<input type="checkbox"/>
25	<input type="checkbox"/>
26	<input type="checkbox"/>
27	<input type="checkbox"/>
28	<input type="checkbox"/>
29	<input type="checkbox"/>
30	<input type="checkbox"/>
31	<input type="checkbox"/>

June

1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>
6	<input type="checkbox"/>
7	<input type="checkbox"/>
8	<input type="checkbox"/>
9	<input type="checkbox"/>
10	<input type="checkbox"/>
11	<input type="checkbox"/>
12	<input type="checkbox"/>
13	<input type="checkbox"/>
14	<input type="checkbox"/>
15	<input type="checkbox"/>
16	<input type="checkbox"/>
17	<input type="checkbox"/>
18	<input type="checkbox"/>
19	<input type="checkbox"/>
20	<input type="checkbox"/>
21	<input type="checkbox"/>
22	<input type="checkbox"/>
23	<input type="checkbox"/>
24	<input type="checkbox"/>
25	<input type="checkbox"/>
26	<input type="checkbox"/>
27	<input type="checkbox"/>
28	<input type="checkbox"/>
29	<input type="checkbox"/>
30	<input type="checkbox"/>

Name _____
Address _____
City/State/Zip _____
Phone #'s _____
Email _____
Notes _____

Name _____
Address _____
City/State/Zip _____
Phone #'s _____
Email _____
Notes _____

Name _____
Address _____
City/State/Zip _____
Phone #'s _____
Email _____
Notes _____

Name _____
Address _____
City/State/Zip _____
Phone #'s _____
Email _____
Notes _____

Name _____
Address _____
City/State/Zip _____
Phone #'s _____
Email _____
Notes _____

January						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday
is the first
day of the
year for the
following:

July						
Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

1809, 1815,
1826, 1837,
1843, 1854,
1865, 1871,
1882, 1893,
1899, 1905,
1911, 1922,
1933, 1939,
1950, 1961,
1967, 1978,
1989, 1995,
2006, 2017

August						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

March						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- ☐ 2023
- ☐ 2034
- ☐ 2045
- ☐ 2051
- ☐ 2062
- ☐ 2073
- ☐ 2079
- ☐ 2090

October						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

June						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July 4th / Fourth of July

1st Mon in Sept

1st Sun after Labor Day

Sept 11

2nd Mon in Oct

Oct 31

1st Tue in Nov following 1st Mon

Nov 11

4th Thr in Nov

Dec 7

4th Sun before Christmas

Dec 24

Dec 25

Dec 26

Dec 31

Leap Year



Declaration of Independence 1776

Labor Day (Tribute to workers)

Grandparents Day

Patriot Day (Day of remembrance 9-11-2001)

Columbus Day

All Hallows' Eve / Harvest Festival

US Election Day

Veterans Day (Honor US Armed Forces)

Thanksgiving Day (Give thanks to God)

Pearl Harbor Day (Japanese attack on US WWII)

Advent (Expectant waiting/prep for Nativity of Jesus)

Christmas Eve

Christmas Day (Birth of Jesus the Christ / Lord)

Boxing Day (Servants receive gifts/Christmas box)

Watchnight (Review past year, confess, pray, resolve)

2016, 2020, 2024, 2028, 2032



U.S. Daylight Savings Time

Change your clocks at 2:00 a.m. *Spring FORWARD* — Fall *BACK*
DST Begins (2nd Sunday in March) — Ends (1st Sunday in November)

March 11, 2018 — November 4, 2018

March 10, 2019 — November 3, 2019

March 8, 2020 — November 1, 2020

March 14, 2021 — November 7, 2021

March 13, 2022 — November 6, 2022

March 12, 2023 — November 5, 2023

March 10, 2024 — November 3, 2024

March 9, 2025 — November 2, 2025

March 8, 2026 — November 1, 2026

March 14, 2027 — November 7, 2027

March 12, 2028 — November 5, 2028

March 11, 2029 — November 4, 2029

March 10, 2030 — November 3, 2030

March 9, 2031 — November 2, 2031

Daily Planner

Day of the week	Month		Date	Year
Birthday/Holiday/Special	Time	Appointment	Notes	
Remember				
My priority task list				
1				
2				
3				
People to contact				
Call/Email to make/send				
Places to go				
Things to do				

The 40-Day Challenge Chart

Pick a habit you want to add or drop.

I want to ☐ add ☐ drop this habit: _____

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>	Day 11 <input type="checkbox"/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Day 15 <input type="checkbox"/>	Day 16 <input type="checkbox"/>	Day 17 <input type="checkbox"/>	Day 18 <input type="checkbox"/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Day 22 <input type="checkbox"/>	Day 23 <input type="checkbox"/>	Day 24 <input type="checkbox"/>	Day 25 <input type="checkbox"/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Day 29 <input type="checkbox"/>	Day 30 <input type="checkbox"/>	Day 31 <input type="checkbox"/>	Day 32 <input type="checkbox"/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Day 36 <input type="checkbox"/>	Day 37 <input type="checkbox"/>	Day 38 <input type="checkbox"/>	Day 39 <input type="checkbox"/>
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

The Bible in Under a Year

Follow this plan to read four chapters a day book-by-book. You can skip all but five Sundays (or your normal church service day) and still finish within a year!

Or, you could just begin in Genesis and continue through each chapter and book with no pressure to complete a set number of chapters a day.

The Old Testament

My OT Start Date: ____/____/____

1	Gen	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2		<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
3		<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
4		<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16
5		<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
6		<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
7		<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28
8		<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31	<input type="checkbox"/> 32
9		<input type="checkbox"/> 33	<input type="checkbox"/> 34	<input type="checkbox"/> 35	<input type="checkbox"/> 36
10		<input type="checkbox"/> 37	<input type="checkbox"/> 38	<input type="checkbox"/> 39	<input type="checkbox"/> 40
11		<input type="checkbox"/> 41	<input type="checkbox"/> 42	<input type="checkbox"/> 43	<input type="checkbox"/> 44
12		<input type="checkbox"/> 45	<input type="checkbox"/> 46	<input type="checkbox"/> 47	<input type="checkbox"/> 48
13		<input type="checkbox"/> 49	<input type="checkbox"/> 50		
14	Exod	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
15		<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
16		<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
17		<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16
18		<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20

19		<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
20		<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28
21		<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31	<input type="checkbox"/> 32
22		<input type="checkbox"/> 33	<input type="checkbox"/> 34	<input type="checkbox"/> 35	<input type="checkbox"/> 36
23		<input type="checkbox"/> 37	<input type="checkbox"/> 38	<input type="checkbox"/> 39	<input type="checkbox"/> 40
24	Lev	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
25		<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
26		<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
27		<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16
28		<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
29		<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
30		<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	
31	Numb	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
32		<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
33		<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
34		<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16
35		<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
36		<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
37		<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28
38		<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31	<input type="checkbox"/> 32
39		<input type="checkbox"/> 33	<input type="checkbox"/> 34	<input type="checkbox"/> 35	<input type="checkbox"/> 36
40	Deut	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
41		<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
42		<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
43		<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16
44		<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
45		<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
46		<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28
47		<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31	<input type="checkbox"/> 32
48		<input type="checkbox"/> 33	<input type="checkbox"/> 34		
49	Josh	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
50		<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
51		<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
52		<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16
53		<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20

Faith-Based Radio Stations in California

Arcata

KCHP-LP 97.1 FM

Bakersfield

KFRB 91.3 FM

KMAP 1050 AM

KAXL 88.3 FM

KPJP 89.3 FM

Bishop

KWTW 88.5 FM

KWTM 90.9 FM

Blue Lake

KCIK 1450 AM

Chico

KHAP 89.1 FM

KLVC 88.3 FM

KKXX 930 AM

KYIX 104.9 FM

Corona

WGIC-LP 105.5 FM

Eureka

KRDW-LP 107.3 FM

Fort Bragg

KJCU 89.9 FM

Fresno

KBIF 900 AM

KFNO 90.3 FM

KIRV 1510 AM

KYNO 1300 AM

KHOT 1250 AM

KCIV 99.9 FM

KQKL 88.5 FM

Las Vegas

KHMS 88.5 FM

Los Angeles

KBRT 740 AM

KMRO 90.3 FM

KEYQ 980 AM

KTYM 1460 AM

KTLW 88.9 FM

KFRN 1280 AM

KLTX 1390 AM

KWVE 107.9 FM

KGZO 90.9 FM

KRTM 88.9 FM

KALI 900 AM

Los Angeles, Riverside & Orange County

KFSH 95.9 FM

KWBB-LP 105.5FM

KLJV 100.1 FM

KKLA 99.5 FM

KRLA 870 AM

KSGN 89.7 FM

KPRO 1570 AM

KEZY 1240 AM

KTIE 590 AM

Merced

KLKY 91.1 FM

KAMB 101.5 FM

KADV 90.5 FM

Modesto

KCBC 770 AM

Monterey, Salinas, & Santa Cruz

KKMC 880 AM

KDRH 91.3 FM

KLVM 89.7 FM

KDBV 980 AM

KFER 89.9 FM

KSRI 90.7 FM

KFRS 89.9 FM

Oakland

KEFR 89.9 FM

KPRA 89.5 FM

Palm Springs

KPSH 90.9 FM

KHCS 91.7 FM

Quincy

KNLF 95.9 FM

Redding

KIBC 90.5 FM

Goal Planner

Adventure Goals

Month/Year

- | | | |
|----------------------------|-------|-------|
| 1 <input type="checkbox"/> | _____ | _____ |
| 2 <input type="checkbox"/> | _____ | _____ |
| 3 <input type="checkbox"/> | _____ | _____ |

Break Bad Habit Goals

- | | | |
|----------------------------|-------|-------|
| 1 <input type="checkbox"/> | _____ | _____ |
| 2 <input type="checkbox"/> | _____ | _____ |
| 3 <input type="checkbox"/> | _____ | _____ |

Creative Goals

- | | | |
|----------------------------|-------|-------|
| 1 <input type="checkbox"/> | _____ | _____ |
| 2 <input type="checkbox"/> | _____ | _____ |
| 3 <input type="checkbox"/> | _____ | _____ |

Educational Goals

- | | | |
|----------------------------|-------|-------|
| 1 <input type="checkbox"/> | _____ | _____ |
| 2 <input type="checkbox"/> | _____ | _____ |
| 3 <input type="checkbox"/> | _____ | _____ |

Family Goals

- | | | |
|----------------------------|-------|-------|
| 1 <input type="checkbox"/> | _____ | _____ |
| 2 <input type="checkbox"/> | _____ | _____ |
| 3 <input type="checkbox"/> | _____ | _____ |

Financial Goals

- | | | |
|----------------------------|-------|-------|
| 1 <input type="checkbox"/> | _____ | _____ |
| 2 <input type="checkbox"/> | _____ | _____ |
| 3 <input type="checkbox"/> | _____ | _____ |

Fitness Goals

- | | | |
|----------------------------|-------|-------|
| 1 <input type="checkbox"/> | _____ | _____ |
| 2 <input type="checkbox"/> | _____ | _____ |
| 3 <input type="checkbox"/> | _____ | _____ |

Biggest Blessings of My Life

1	29
2	30
3	31
4	32
5	33
6	34
7	35
8	36
9	37
10	38
11	39
12	40
13	41
14	42
15	43
16	44
17	45
18	46
19	47
20	48
21	49
22	50
23	51
24	52
25	53
26	54
27	55
28	56

- 32 I love to “people watch” ☐ ☐
- 33 I’m known for being a good listener over being a busy talker ☐ ☐
- 34 I am a “jack-of-all-trades” type that is pretty good at a number of things ☐ ☐
- 35 I have a lot of patience and don’t mind waiting to do something ☐ ☐
- 36 I avoid conflict and stay away from yellers and fighters ☐ ☐

Mark only the ones you feel describe you:

- | | |
|--|---|
| 1 <input type="checkbox"/> I’m a born leader | 19 <input type="checkbox"/> I inspire people to feel great |
| 2 <input type="checkbox"/> I’m bold | 20 <input type="checkbox"/> To me, everything is possible |
| 3 <input type="checkbox"/> I’m a goal setter | 21 <input type="checkbox"/> I thrive of words that build me up |
| 4 <input type="checkbox"/> I’m not too emotional | 22 <input type="checkbox"/> There’s never a dull moment w/me |
| 5 <input type="checkbox"/> I’m quite independent | 23 <input type="checkbox"/> I’m funny—I make people laugh |
| 6 <input type="checkbox"/> I am quick to take action | 24 <input type="checkbox"/> I love people, they’re likable |
| 7 <input type="checkbox"/> I am confident | 25 <input type="checkbox"/> I like to learn and hear answers |
| 8 <input type="checkbox"/> I am strong willed | 26 <input type="checkbox"/> I like being the center of attention |
| 9 <input type="checkbox"/> I am self-sufficient | 27 <input type="checkbox"/> I want the best for others first |
| 10 <input type="checkbox"/> I am unique, one-of-a-kind | 28 <input type="checkbox"/> I need things calm & peaceful |
| 11 <input type="checkbox"/> I can feel how others feel | 29 <input type="checkbox"/> I am sympathetic/understanding |
| 12 <input type="checkbox"/> I like to think more than act | 30 <input type="checkbox"/> It takes a lot for me to get mad |
| 13 <input type="checkbox"/> I am neat, tidy, and organized | 31 <input type="checkbox"/> I stay at something ‘till it’s finished |
| 14 <input type="checkbox"/> I am super loyal | 32 <input type="checkbox"/> I love to see what’s happening |
| 15 <input type="checkbox"/> I won’t quit | 33 <input type="checkbox"/> I love to hear people talk/share |
| 16 <input type="checkbox"/> I love music | 34 <input type="checkbox"/> I can do almost anything well |
| 17 <input type="checkbox"/> I need to have things just right | 35 <input type="checkbox"/> Waiting is easy for me |
| 18 <input type="checkbox"/> I have “a bend” “or eye” for art | 36 <input type="checkbox"/> I’d rather not fight, so I stay away |

These questions can be great conversation starters. Here are a few ideas:

- 1) Take the test yourself and show it to someone who cares about you.
- 2) Have a family member or loved one take the test.
- 3) Interview others to get to know them better.

My Ideas: _____

Conversation Starters

This is the most unusual pet I've ever lived with:

Where is the farthest place you've ever been from home?

What is the most annoying habit other people have?

What skill would you like to practice to master?

Name someone who impresses you with what they've accomplished.

If you had to pick one thing, what are you "famous" for?

If you could ask God one question, what would it be?

Name something you changed your opinion / belief about:

Name one thing you have a strong opinion on:

What is the hardest job you've ever done?

Name a date on the calendar that makes you happy, and why:

Name your dream car—year, make, model and color:

If you could go on an amazing adventure what would it be?

Name all the places you have gone on a missionary trip to:

The United States & its unincorporated inhabited territories

In the order I discovered them:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____
- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____
- 21 _____
- 22 _____
- 23 _____
- 24 _____
- 25 _____
- 26 _____
- 27 _____

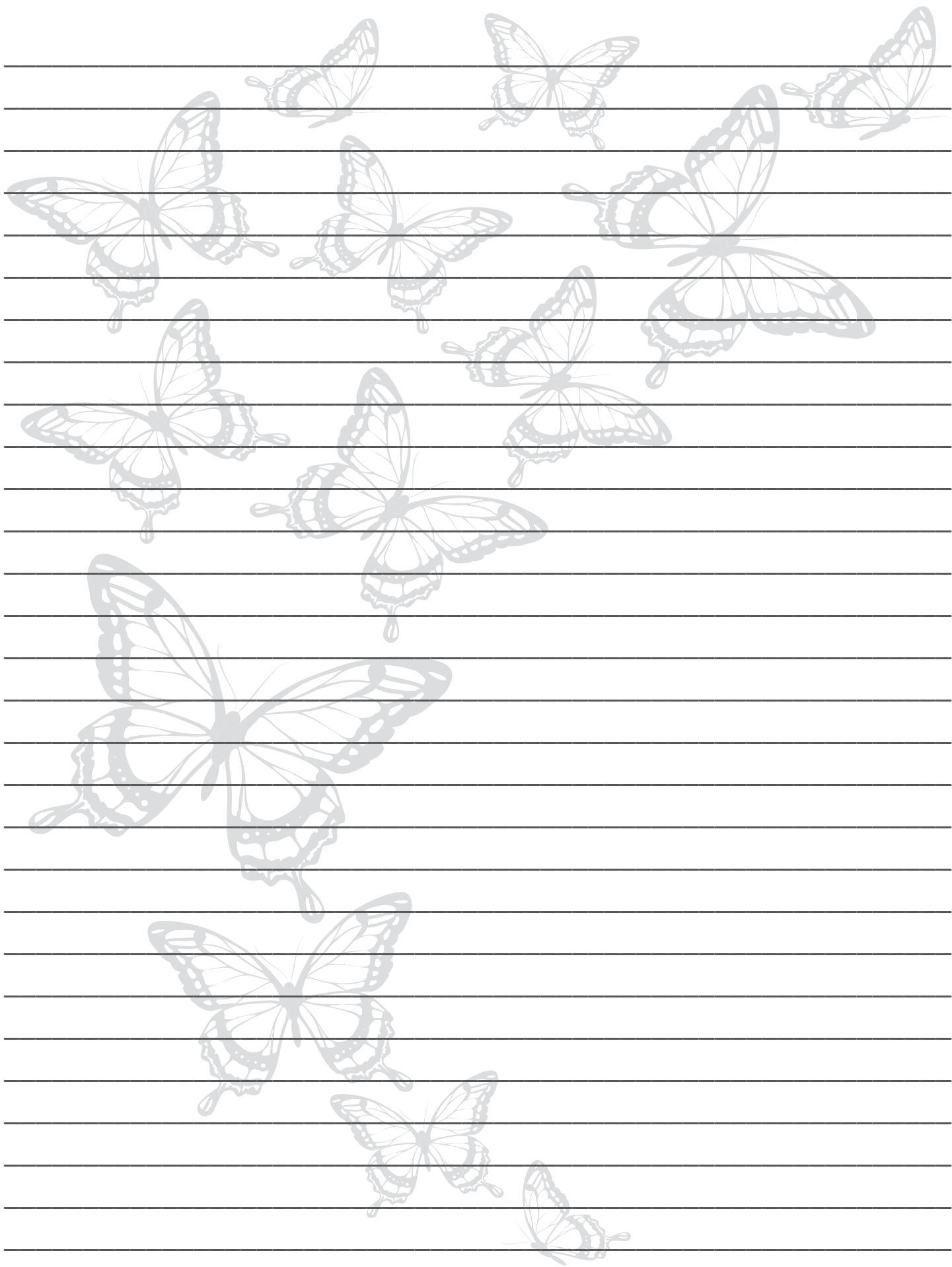
- 28 _____
- 29 _____
- 30 _____
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- 33 _____
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- 36 _____
- 37 _____
- 38 _____
- 39 _____
- 40 _____
- 41 _____
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- 50 _____
- 51 _____
- 52 _____
- 53 _____
- 54 _____
- 55 _____

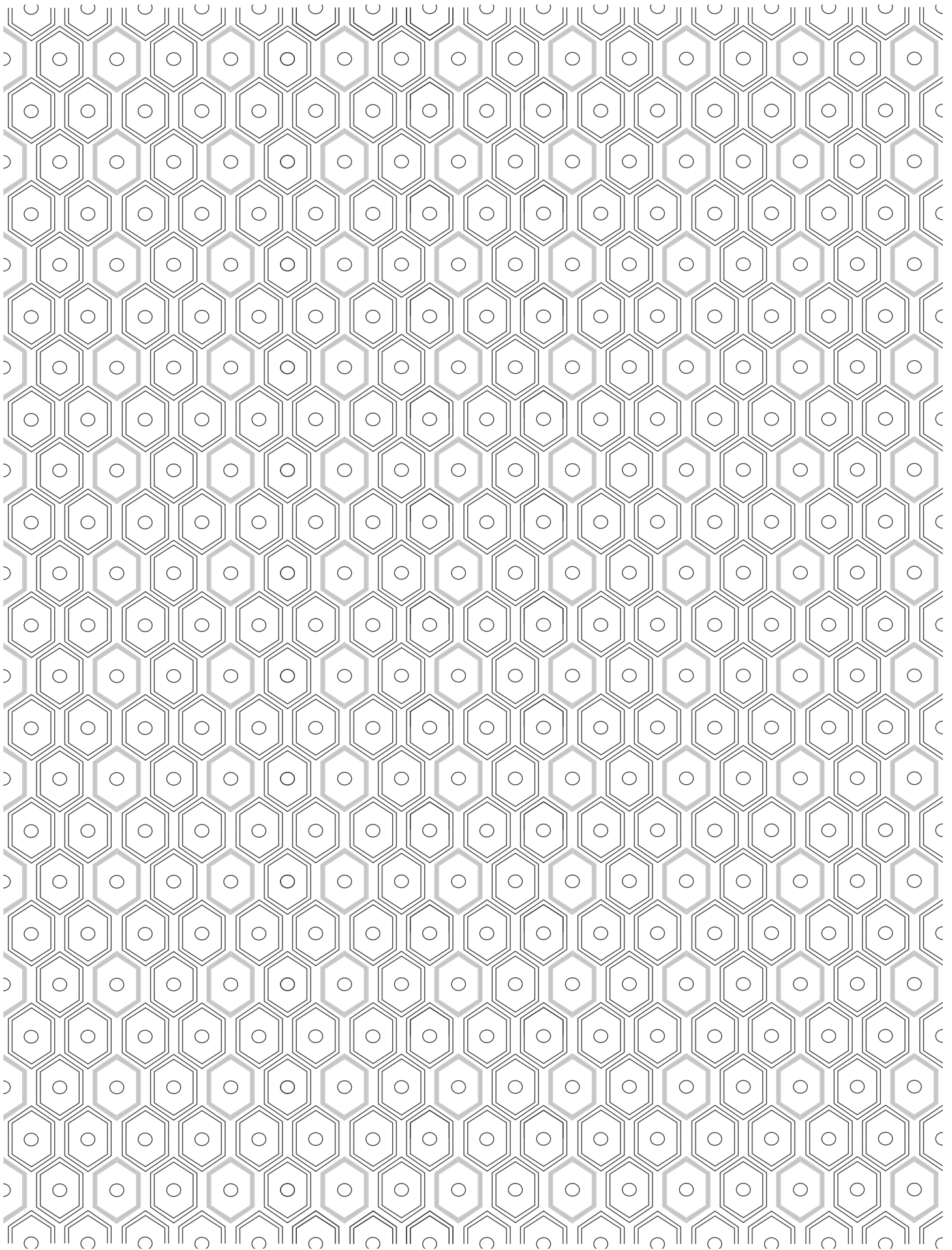
Word Search

Search up, down, forward, backward and diagonal for all the United States Territories (50 States plus 5 Territories). When you discover a word spelled correctly draw a line through all its letters. List it to the left.



O C I R O T R E U P R P U G N D I E I N
S D N A L S I A N A I R A M N P M R P C
T N A E S D W S L T A G T A E S N I P N
A J A N N T S V T A E E L R C R M H I O
T N T S A I T T W O L S O S R S I S S R
O E O A G I I E R E I A O E I S N P S T
K W K S I C S G S E S U B O O O N M I H
A J A N H N I I D U T T N A C S E A S C
D E D A C A I O U H H I V S M S S H S A
H R H K I T H S C O L C I I O A O W I R
T S T R M R F A S L L W A T R A T E M O
U E R A I T R E I S I A I S N G A N S L
O Y O R M O T L H W E U L N S I I H M I
S D N A L S I N I G R I V I V A O N N N
D C D I S T R I C T O F C O L U M B I A
S A N A S A M E R I C A N S A M O A N A
D A I N A V L Y S N N E P A P F I V M E
A I N R O F I L A C A C T E R R I T O R
C T C O N N E C T I C U T U T A H I E S
W A W A S H I N G T O N Y N E W Y O R K





Game

	A		B		C		D	
	1	2	3	4	5	6	7	8
1	1	2	3	4	5	6	7	8
2	9	10	11	12	13	14	15	16
3	17	18	19	20	21	22	23	24
4	25	26	27	28	29	30	31	32

Game Board Ideas:
 Battleship Guessing
 Checkers
 Chess
 Match 2 Memory
 Scramble Letter Tiles

Not by works of righteousness which we have done,

Board

H	57 58	59 60	61 62	63 64	65 66	67 68	69 70
G	49 50	51 52	53 54	55 56	57 58	59 60	61 62
F	41 42	43 44	45 46	47 48	49 50	51 52	53 54
E	33 34	35 36	37 38	39 40	41 42	43 44	45 46

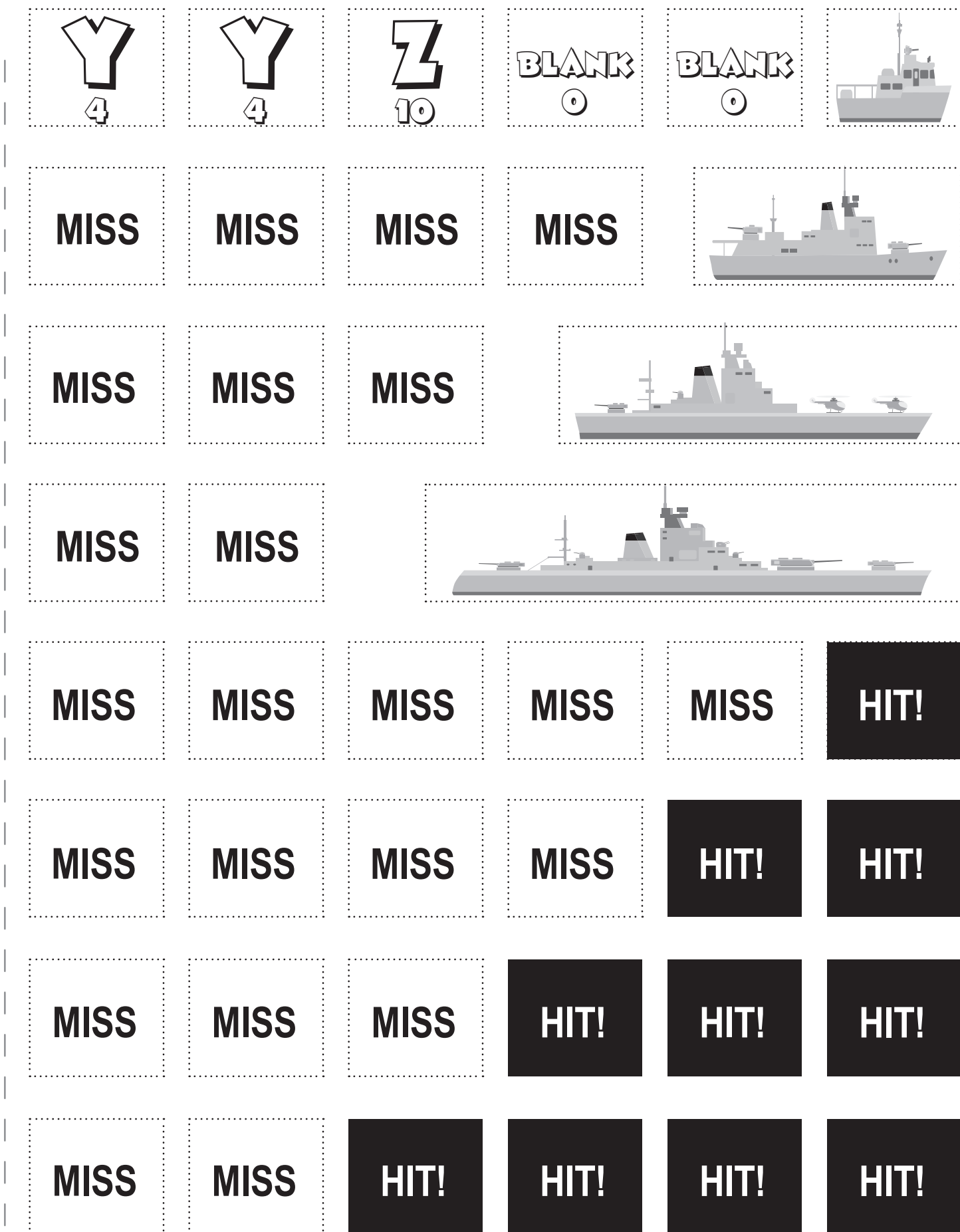
Board is double numbered so you can play an opponent who isn't in the room by stating the box number your piece occupies or is moved to.



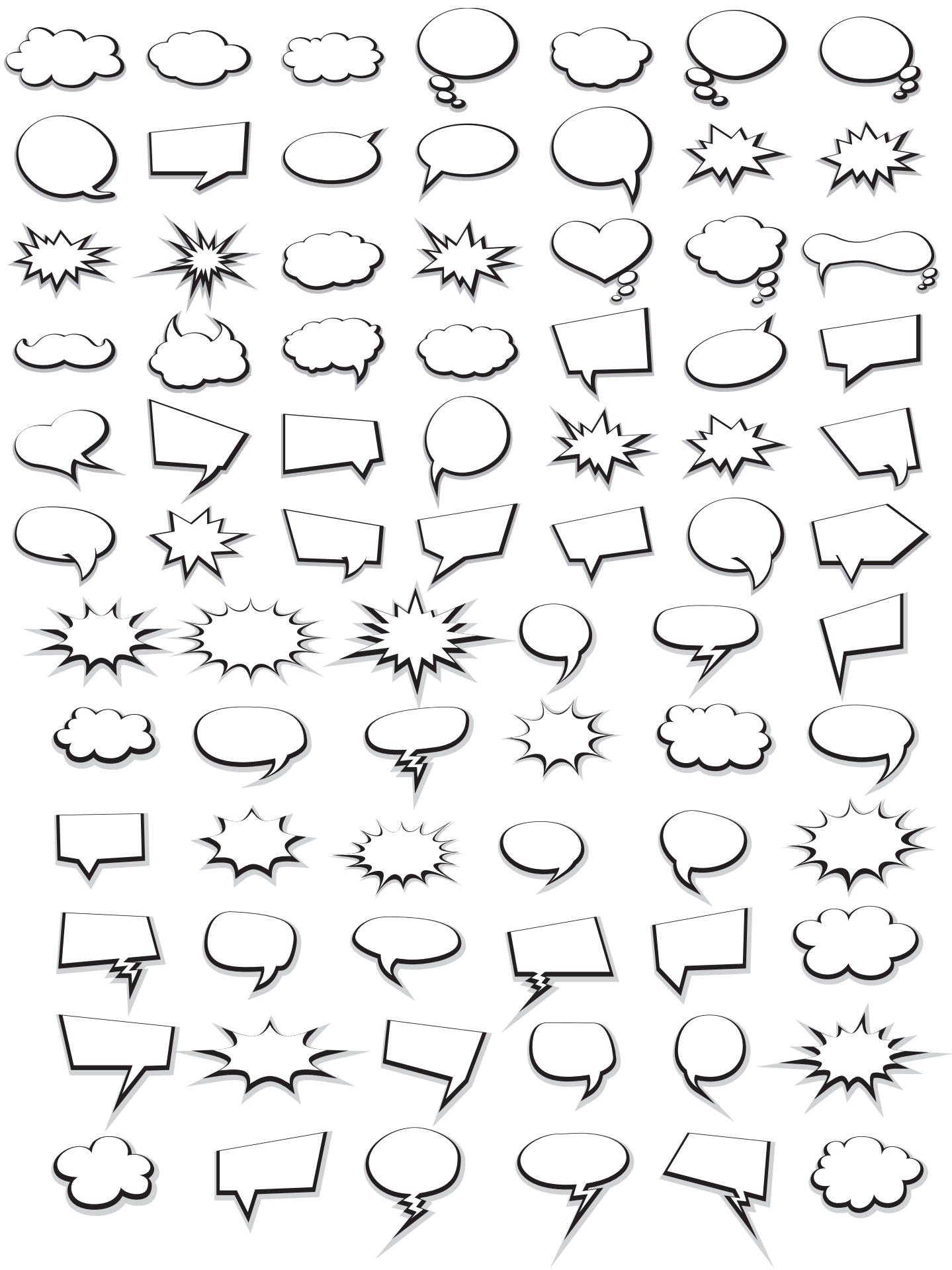
12 Checkers + 4 extra

Memory Game

Chess Pieces



Battleship Guessing Game Pieces

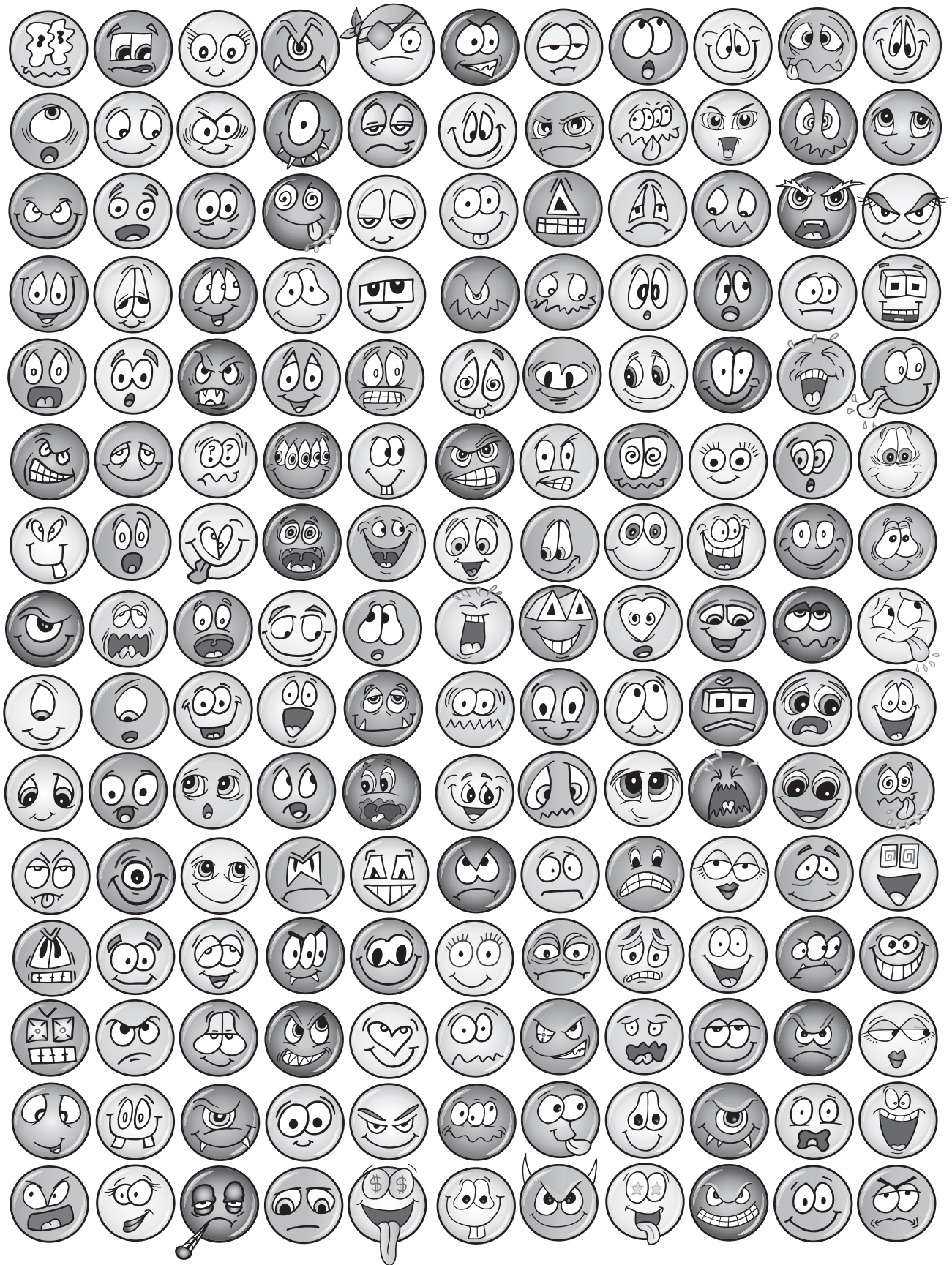






































Comic Strip ☐ Magazine ☐ Newspaper ☐ Web


Begin by creating your script or story. Next, create a sequence of drawings in interrelated panels. Include text in balloons and captions. Comics commonly display brief humor, or a narrative, in one to four or more panels—the cartoonist decides.

Emoticon Creative Expression

Use emoticons to write an artistic note to a loved one, create a



A	2	3	4
 ACE UNO • YI 	 TWO DOS • ER 	 THREE TRES • SAN 	 FOUR CUATRO • SI 
			
 FIVE CINCO • WU 	 SIX SEIS • LIU 	 SEVEN SIETE • QI 	 EIGHT OCHO • BA 
			
 NINE NUEVE • JIU 	 TEN DIEZ • SHI 	JACK JACK • JIE KE	QUEEN REINA • NUWANG
			
K	JOKER	W	R
KING REY • GUO WANG	JOKER BROMISTA	WILD SALVAJE	REVERSE MARCHA ATRAS
			



My Time will help you plan your future in positive ways and reflect on interests or memories you value. It includes mind relaxing activities to decompress, break routine and reduce boredom. *My Time*—

- Keeps your mind active when resources are limited
- Encourages healthy social interaction in amusing ways
- Helps you focus on your strengths, goals, and interests



Paula Nafziger has taught life skills and inductive Bible study at California Institution for Women since 1997. Her years of experience with the homeless, hospitalized, and incarcerated has helped her “tune in” to the needs of people looking for challenging, mind-engaging activities where resources are limited and time is abundant. Through Paula and the ministry team of *Renewing Lives*, thousands of people have benefited from classes, events, resources, and services.

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