



# Good Old Days Farm

BECAUSE THESE ARE  
THE "GOOD OLD DAYS"

## 40 Life-Changing Things To Give Up For Lent (Or Anytime!)

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Complaining	Comparison	Little White Lies
Gossip	Sarcasm	Friendship Neglect
Jumping To Conclusions	Unrealistic Expectations	The News
Mom Guilt	Saying "Yes."	Clutter
Media (TV/Social Media)	Trying to Fix everything	Judging
Criticizing	Negative Words	Negative Self Talk
Yelling	Late Nights	Control
Being Rushed	Technology Addictions	Trying to Change you Children
Skipping Devotional Time	Self-Loathing	Photographing Everything
Overeating	Multitasking	Being Too Comfortable
Stinginess	The Drive Thru	Checking Your Email
Selfish Tendencies and Desires	Sleeping In	Overloading Your To-Do List
Holding Grudges	Background Noise	Putting Out Fires
Perfectionism	Business & Overscheduling	Skipping Quiet Time or Prayer
		Budget-Free Living
		Misplaced Priorities

For more in-depth discussion please visit:

[www.GoodOldDaysFarm.com/how-to-have-life-changing-lent-ultimate-list](http://www.GoodOldDaysFarm.com/how-to-have-life-changing-lent-ultimate-list)