

List 20 Things To Do Besides Watching TV:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Fill your day
with things that will
bring good things out
of your heart!



There are many good
programs on TV. It's
the misuse of the TV
that is not good.



“A good man
out of the good
treasure of his heart
bringeth forth that
which is good;

and an evil man
out of the evil
treasure of his heart
bringeth forth that
which is evil:

for of the
abundance of the
heart his mouth
speaketh.”

Luke 6:45

Keep This List Handy for Daily Reference!