

Rule of Life

Personal Vision: A life dependent on and overflowing with the Spirit of Christ – “For me to live is Christ.”

Personal Mission: To fulfill the Great Commission as a contemplative apostle

| | Spiritual/ Leisure | Mental/ Emotional | Relational | Physical | Domestic /Financial | Vocational /Missional |
|------------------|--|--|---|--|--|---|
| Daily | -Morning prayer -Journal | -Read before bed (only 1 book/time) | -Read with Seth | -Brush 2x/day -Floss 1x/day - Water morning/each meal -5 serv. veggies -24 grams of fiber -Vitamins -7-8 hours sleep | -9-10pm set aside for home management, reading, and day close | |
| Weekly | -Sabbath (pray & play) | | -Couple meeting [Fri] -Date night [Fri] -Call parents | -Work out 3-5x/week -Personal grooming time | -Plan meals [Mon] -Laundry [Mon] -Budget [Mon] -Go through mail/scan [Mon] | -Work retreat [Thurs/Fri] -Plan for week ahead [Fri] |
| Monthly | | -Visit friend | -Date w/babysitting -Meaningful interactions with mentors, peers -Hang with colleague | | -Tithe -Submit reimbursements | |
| Quarterly | | | | -Dental cleaning biannually -Go to hair salon | | -Off site work retreat |
| Annually | -Monastery Retreat -Revise Rule of Life | | -Celebrate anniversary | -OB/GYN visit | | -Do mission as a family -Continuing education |