



1. Rule of Life
2. The Word and Prayer
3. Journaling
4. Contemplation
5. Worship
6. Silence
7. Confession
8. Retreat
9. Sabbath

10. Gratitude
11. Relationships
12. Spiritual Community
13. Marriage
14. Mothering
15. Family Unity
16. Memory Keeping
17. Generosity
18. Kindness

19. Time
20. Hospitality
21. Celebration
22. Creating
23. Play
24. Nature
25. Self-Care