

Crafting a Rule of Life

A Workbook

A Note about How this Document Works

This document is created as a fillable template. When you click to the right of each heading prompt, you will be clicking into a cell on a table that functions like a textbox. You can write as much as you want and even use numbers, or bullet points and the template will adjust accordingly.

Below are a few instructions for you to reference as you craft your Rule of Life.

Writing Your Vision Statement

When writing a vision statement for each area of your life, it will be most effective to have the end in sight. In other words, write the way you envision each area of your life in its ideal version, and then list the practices a person like that would do daily, weekly, monthly and annually. By doing those practices, you begin becoming that person today.

Choosing a Bible Verse

When choosing a Bible verse for each area of your life, choose the verse that speaks to your soul. In most cases, you already have a verse that speaks into each area of your life, use that instead of Googling a verse that sounds good but doesn't speak to your soul.

The Areas to Your Life

I recommend that you create practices and rhythms in at least 4 areas of your life.

- Soul// Spiritual Life
- Body// Physical Health
- Vocation// Calling
- Relationships// Your Most Important Relationships

Optional Areas

- Deeper Calling//Your Personal Why
- Hobbies
- Mind//Mental Health
- Other: Anything that is important to you.

1. Soul // Spiritual Life

Vision Statement:

Bible Verse:

Daily:

Weekly:

Monthly:

Annually:

2. Body// Physical Health

Vision Statement:

Bible Verse:

Daily:

Weekly:

Monthly:

Annually:

3. Vocation// Calling

Vision Statement:

Bible Verse:

Daily:

Weekly:

Monthly:

Annually:

4. Relationships// Your Most Important Relationships

Vision Statement:

Bible Verse:

Daily:

Weekly:

Monthly:

Annually:

5. Optional

Vision Statement:

Bible Verse:

Daily:

Weekly:

Monthly:

Annually:

6. Optional

Vision Statement:

Bible Verse:

Daily:

Weekly:

Monthly:

Annually:

7. Optional

Vision Statement:

Bible Verse:

Daily:

Weekly:

Monthly:

Annually: