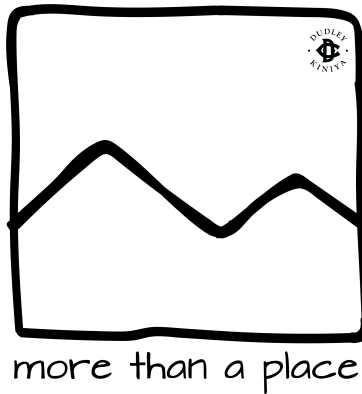




THE DUDLEY DAILY CHECKLIST

One of the keys to bringing Dudley to your life this summer will be incorporating some of the daily habits that make up camp life. These things might be small, but together, and repeated day after day, they become powerful tools for helping us live each day to the fullest while also putting “The Other Fellow First.”

DAILY

- ☐ Wake Up at 7:30AM
- ☐ Find a moment of inspiration
- ☐ Eat three healthy meals and eat them with others
- ☐ Help clean up after the meal
- ☐ Make Your Bed and do some cleaning around the house
- ☐ Find time for skill development or practice
- ☐ Go play (with friends if possible)
- ☐ Take a Rest - even if it's 20 minutes of quiet time or mindful meditation
- ☐ Write a journal or write a letter to someone
- ☐ Go do some service
- ☐ Get in the water
- ☐ Read for 30 minutes
- ☐ Gather some folks in your family and do a vesper
- ☐ Go to bed early and at the same time every night