

Rule of Life

Crafting a Rule to Support Spiritual Growth

Template #2: Extensive

Instructions: Carve out an hour or two to prayerfully discern what kinds of practices and rhythms can help support and guide your growth. Once you fill out the sheet, invite a few trusted friends/family to offer feedback. Begin trying out your Rule for a short period of time (5-10 weeks) and then commit to it for a longer period of time (6-12 months).

	Spiritual Health	Relational Health	Physical Health	Financial Health	Mental Health	Vocational Health	Intellectual Health
Daily							
Weekly							
Monthly							
Quarterly							
Annually							

Ideas of Practices:

- **Spiritual Health:** Scripture, prayer, (confession, intercession, gratitude, breath, centering, etc.), Fellowship, Silence/Solitude/Stillness, Gratitude, Service, Sabbath, etc.
- **Relational Health:** Time with Others, Intentional Listening, Meals Together, etc.
- **Physical Health:** Sleep, Eating Habits, Exercise, Doctor's Visits, Alcohol Intake, Caffeine Intake, etc.
- **Emotional Health:** Rest, Use of Technology, Breathing, etc.
- **Vocational Health:** Thoughtful Time Off, Work life separation, Enjoying work, etc.
- **Intellectual:** In what ways do you want to continue learning? Reading, etc.