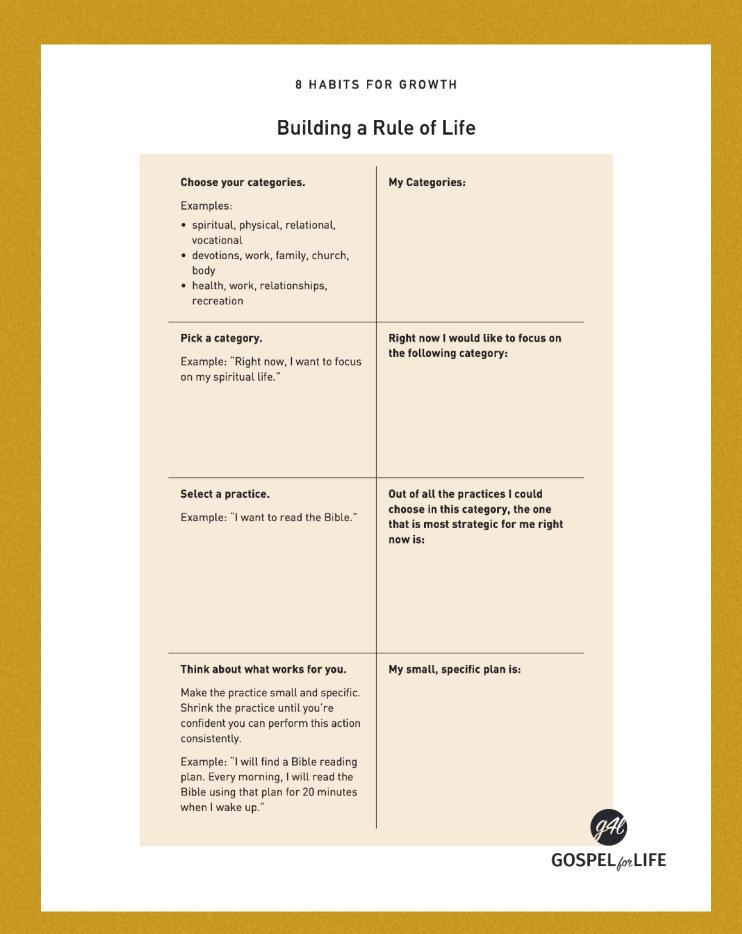
Habit #8: Go the Distance

Big Idea

- **Big Idea:** Begin to build a Rule of Life, a set of rhythms and relationships that fit your life.
- This Week's Challenge: Write down one thing each day that helps you love God and others.

Resource



https://go.gospelforlife.com/ruleoflife

The Behavior Change Model



Key Ideas

- The goal is to maintain these habits for the rest of your life.
- Practicing these habits requires intentionality.
- We must customize these habits for our unique circumstances.
- Notice what's working and build on that.
- Keep it simple. Don't get overwhelmed.

Your Assignment

- Use the worksheet (https://go.gospelforlife.com/ruleoflife).
- List the categories of your life (e.g. spiritual, physical, relational, vocational).
- Pick a practice in that area that will help you thrive and grow. (See sample practices in the appendix.)
- Keep it realistic.
- Build from there.
- Keep working at it. Treat it like a living document.

