

Building a Rule of Life

Choose your categories.

Examples:

- spiritual, physical, relational, vocational
- devotions, work, family, church, body
- health, work, relationships, recreation

My Categories:

Pick a category.

Example: "Right now, I want to focus on my spiritual life."

Right now I would like to focus on the following category:

Select a practice.

Example: "I want to read the Bible."

Out of all the practices I could choose in this category, the one that is most strategic for me right now is:

Think about what works for you.

Make the practice small and specific. Shrink the practice until you're confident you can perform this action consistently.

Example: "I will find a Bible reading plan. Every morning, I will read the Bible using that plan for 20 minutes when I wake up."

My small, specific plan is:



Rule of Life Worksheet

Questions for Each Category

1. What's worked for you in this category already? How can you do more of that?
2. What practices would help you become aware of God's presence and love, provide the greatest nourishment, refreshment, and renewal, and help you love others?
3. How often will you do it? When?
4. Are you confident that you can do the practices consistently? If not, shrink them until you are.

See the appendix.

SPIRITUAL

Practices

1. _____

Specific Plan (what, when, where): _____

2. _____

Specific Plan (what, when, where): _____

3. _____

Specific Plan (what, when, where): _____



8 HABITS FOR GROWTH

PHYSICAL

Practices

1. _____

Specific Plan (what, when, where): _____

2. _____

Specific Plan (what, when, where): _____

3. _____

Specific Plan (what, when, where): _____

RELATIONAL

Practices

1. _____

Specific Plan (what, when, where): _____

2. _____

Specific Plan (what, when, where): _____



Habit #8: Go the Distance

3. _____

Specific Plan (what, when, where): _____

VOCATIONAL

Practices

1. _____

Specific Plan (what, when, where): _____

2. _____

Specific Plan (what, when, where): _____

3. _____

Specific Plan (what, when, where): _____

OTHER

Practices

1. _____

Specific Plan (what, when, where): _____



8 HABITS FOR GROWTH

2. _____

Specific Plan (what, when, where):

3. _____

Specific Plan (what, when, where):

