

Abiding

Daily prayer before starting my day (5x/wk)
Wakeup Call Devotionals (5x/wk)
Read Bible for 15 minutes before work (5x)
Nightly "reflection/prayer" (5x/wk)
Weekly Discipleship

Rest

Weekly Sabbath
Monthly Day of Reflection/Prayer
Fish twice a month

Mind & Body

In bed by 10:00pm
Rehab knee (6x/wk)
Exercise at least 3x/week
15min of social media a day
Plan a getaway with spouse

Rule of Life:

**Live from the
love of God**

Relationships

Evening check-in with spouse
FaceTime with kids/grandkids weekly
Connect with married friends (1x/wk)
Connect with single friends (1x/wk)
Call parents weekly

Work & Money

Read 1 book a month
Use "Every Dollar" budget tool
Set up meeting with Financial Advisor

Gospel & Hospitality

Discipleship time with Sam (2-3x/mo)
Strike up intentional Gospel convo (3x/mo)