

Contemplative Prayer (Mind)

2 minutes of silence each morning
prayer of Examen before bed
Daily Office / Scripture reading (3-4x per week)
daily journaling (3-4x per week)
personal retreat (1 day per quarter)

Emotional Health (Heart)

monthly counseling
regular connection with a small group of friends
monthly "date" with each child
weekly night out with spouse
7-day break from social media each month
practice healthy relational conflict / boundaries

exercise (3-4x per week)
engage with food in a healthy, intentional way
sleep 7 hours each night
practice a weekly Sabbath
practice a 1x per month "soul care" time
thoughtfully planned vacation (1x per year)

Rest & Limits (Body)

work at a sustainable, unhurried pace
limit email & technology to work hours only
be home by 5:30pm each day
regular service at church
intentional stewardship of time and money
giving/saving 10% of monthly income

Work & Service (Body)

RULE OF LIFE

Contemplative Prayer
(Mind)

Emotional Health
(Heart)

Rest & Limits
(Body)

Work & Service
(Body)