

Rule of Life

Spirit:

- Daily
 - Lectio Divina
 - Contemplative Prayer (8 minutes minimum)
 - Prayer walk
 - Family Devotions
- Weekly
 - Prayer of Examen (Saturday & Sunday)
 - Prayer w/Hannah
 - Weekly Sabbath
- Monthly/ Quaterly
 - Morning of Examen/contemplative
 - Spiritual Direction
- Yearly
 - Read the Bible in a month and twice a year

Relationships (Soul)

- Daily
- Weekly
 - Family Day
 - Pursue Hannah
 - Hangout/ call someone once a week
- Monthly/ Quaterly
 - Monthly Date
 - Camping trips
- Yearly
 - Family Vacation

Body:

- Daily
 - Workout 4-5x per week
 - 7-8 hours of rest
- Weekly
 - Family Hike/walks
- Monthly/ Quarterly
 -
- Yearly
 - Some kind of challenge/competition

Mind:

- Daily
 - Read magazine/book
 - Silence
- Weekly
 - Home projects
 - Homework (3 classes left)
- Monthly/ Quaterly
- Yearly
 - Learn a new skill

Vocation:

- Daily
- Weekly
- Monthly/ Quaterly
- Yearly