



Seasonally

Spiritual Director
Confession
Monastery Overnight
Review Projects
around Home
Sermon Series
Teach

Daily

Daily Time w/ God in
Prayer through Psalms
and Daily Office
Live Transparently in Rel.
Cycling Plan/Eating right
Manage Spending
Open Self to God's Call

Weekly

Sabbath Rest
Read a Book
Write/Journal/Blog
FaceTime/Skype
Write/Send Notes

Monthly

Retreat Day
Visit w/ Kids
Balance Bank Accounts
Tithe/Missions
Review Exercise Plan

Annually

Extended Retreat
Continuing Education
Visit Doctor/Dentist
Family Vacation
Bike Overnight
Evaluate Rule of Life