



GOALS	BE WITH JESUS		BECOME LIKE JESUS			DO WHAT JESUS DID	
PRACTICES	ABIDING	MIND	BODY	RELATIONSHIPS	REST	WORK & MONEY	GOSPEL & HOSPITALITY
DAILY	Gratitude habit Scripture reading Morning prayer	Technology free hour after waking/before sleeping Regular book reading Scripture reading	Drink ample water Create balanced meal plan Prioritize regular walks	Call or visit loved ones Eat a meal together	Morning solitude Solo quiet time Gratitude practice	Pray for co-workers and leadership Prayer during workday	Leave free blocks in schedule for God to move Intercessory prayer
WEEKLY	Weekly Sabbath Memorizing scripture Praise and worship	Listen to podcast or sermon Regular book reading Scripture memorization	Spend time outdoors Meal prep	Create intentional touchpoints Family/housemate activity	Weekly Sabbath One night a week of no activity One day a week of no phone	One day a week of no meetings Budget weekly gift to church or those in need Dedicate time for entrepreneurial project	Pray for a list of people who don't know Jesus Take a prayer walk
MONTHLY (OR LONGER)	Quarterly retreat	Soul fasting (no books, social media, TV)	Schedule regular visits to massage therapists/chiropractor	Meet with spiritual mentor	Plan a solo day	Dedicated day or workshop to improve your craft Simplify possessions (donate or gift)	