

A Personal Rule

Use this matrix to begin organizing your time around a disciplined life of seeking the Lord and His Kingdom by improving your use of the disciplines appropriate for each area below. You should include specific planning for a disciplined life in each of the areas outlined on this worksheet.

Name _____

Date _____

Schedule/ Discipline	Daily	Weekly	Occasionally/ Annually
1. Spiritual 1.1 Prayer 1.2 The Word 1.3 Meditation 1.4 Solitude 1.5 Fasting 1.6 Giving 1.7 Other			
2. Relational 2.1 Seeking 2.2 Serving 2.3 Shepherding 2.4 Sowing 2.5 Stewarding 2.6 Other			
3. Vocational 3.1 Embracing 3.2 Planning 3.3 Organizing 3.4 Preparing 3.5 Executing 3.6 Improving 3.7 Other			
4. Communal 4.1 Prayer 4.2 Worship 4.3 Invest (gifts) 4.4 Fellowship 4.5 Collaborate 4.6 Other			
5. Provisional 5.1 Recognize 5.2 Rejoice 5.3 Rest 5.4 Remain 5.5 Repent 5.6 Return 5.7 Other			