

# Introduction to Common Liturgy

## **Instructions:**

To get started, you need to identify seven words that represent your deepest values. You can use our community values or customize your own.

Your core values are the qualities and characteristics that you most want to cultivate in your life and in the world around you. By identifying these and putting them in order, you can create a rhythm of reflection throughout the year that brings you into deeper relationship with what they mean and what they look like when lived out.

The form below is pre-filled with the seven core values at Long Arc Strategies. They are designed to progress and build on one another. You can start by using these, or you can customize the list below by entering your own words. Whatever words you enter will appear in the calendar on Page 2.

## **Enter Your Core Values Below**

**Core Value #1**

**Core Value #2**

**Core Value #3**

**Core Value #4**

**Core Value #5**

**Core Value #6**

**Core Value #7**

## **When you are finished:**

- Save this document for your files and print Page 2 for a helpful guide that shows each value you choose above and its order in the cycles of the year.

# Common Liturgy

A rhythm of intentionality to guide thought and action across the year.

*Use this annual calendar as a creative way to cultivate and engage with your deepest values and to develop a Sabbath practice of rest, reflection, and blessing.*

