

## **My Rule of Life**

*The best gift you can give to yourself and others is a healthy, grounded, energized you.  
A Rule of Life creates a culture, not a program. This is a way of life!*

Your mission is a one sentence statement capturing God's call on your life.  
How has God called me to live my life? Who am I supposed to be?

### **Mission:**

List 3-5 bullet points that encapsulate your lived values. It can be a word or a short phrase. Your values will be unpacked in the next step.

### **Values:**

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Your mission and your values determine your vital behaviors. Your vital behaviors allow you to fully embrace and live out your values and mission. They help you filter and focus on how you will organize your life to be the best person God created you to be. *This is not a tyrannical "to-do" list!*

### **Key Vital Behaviors:**

Your key rhythms and/or goals allow you a little more room to explain the routines you have (or will have) in living your Rule of Life. It is also a place to share a goal or goals that you have. I broke my rhythms/goals into specific areas such as spiritual, relationship, physical, and professional development to remind myself to integrate all aspects of my life into my Rule of Life. Choose what works best for you.

### **Key Rhythms/Goals:**