

RHYTHMS OF LIFE

Use this worksheet to map your spiritual habits over the course of a year. Treat this as a guide, not a mandate. You may need to adjust, and that's okay. The goal of the exercise is to set aside time for what is important.

HABITS I WILL PURSUE

DAILY	SUNDAY
	MONDAY
WEEKLY	TUESDAY
	WEDNESDAY
MONTHLY	THURSDAY
	FRIDAY
QUARTERLY/ANNUALLY	SATURDAY