Rule of Life Habit Tracker

JANFEBMARAPRMAYJUNJULAUGSEPOCTNOVDEC

Practices for communion with God: to be loved, significant, and free																																
Day																																
Date	1	:	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Habit/Practice																																
DAIL	Y																															
Morning prayer																																
Mid-day prayer																																
Evening examen																																
Scripture																																
Digitally disengage																																
WEEKL	Y																															
Sabbath																																
Common worship																																
Hospitality																																
Fasting																																
Silence																																
Friendships/Triad																																

[&]quot;The most powerful choices we will make in our lives are not about specific decisions but about patterns of life: the nudges and disciplines that will shape all our other choices." (Andy Crouch)