

**Personal Rule of Life** “A trellis is a support system for a vine or plant that enables it to grow upward and bear fruit” (Shigematsu 2013, 21).

### **Body**

- Nutritional eating – minimal cholesterol
- Stretching and Strength Training 3x per week
- Bed by 10:30 PM
- Yearly wellness doctor’s visit

### **Spirit**

- Daily time with God, gazing upon him and his beauty, reading Scripture
- Family evening prayer at bedtime
- Personal prayer times before I go to bed of gratitude and simply enjoying God and living
- Sunday Family Sabbath Day – begins the night before with lighting a candle at dinner, church community in the morning, afternoon free, and ends with dinner with in-laws that night
- Tithe and offerings to Crazy Love and missionaries
- Outreach with my Church family

### **Family**

- Family breakfast & evening meals
- Saturday Family Day – breakfast, housework, yardwork, something fun together outside, movie night
- Date Nights with each of my kids
- Date Nights with Andrew
- Weekend Getaways with my family or just Andrew
- Yearly Weekend Retreat with Andrew focused on solitude and reflection
- Two-week vacation with my family
- Summer camping trips

### **Soul/Mind**

- Take dogs for a morning walk
- Weekly schedule planning
- Monday Sabbath Day
- Monthly Date with Bestie