**Rule of Life - Template**

**Bible and Prayer**

**Aim:**

**Marriage/Relationship**

**Aim:**

**Family/Parenting**

**Aim:**

If parenting:

* 1. Years – Connection and Discipline

5-12 Years – Training

13 – 18 Years – Coaching

18 plus – Friendship

**Sabbath/Re-creation**

**Aim:**

**Exercise/Sport**

**Aim:**

**Study**

Aim:

**Community**

Aim:

**Other Spiritual Practises God is inviting me into**

Aim:

*NB Think about your morning routine and use of phone, these two areas shape your day and your heart hugely***.**