

THE COMMON RULE

FORMING HABITS OF PURPOSE FOR AN AGE OF DISTRACTION

WHO AM I?		WHO AM I BECOMING?			WHO AM I BECOMING?		
ROLES	VISION	HABITS			HABITS		MILESTONES
		ANNUAL	QUARTERLY	MONTHLY	WEEKLY	DAILY	
1.							
2.							
3.							
4.							
5.							

Justin's Rule of Life Example
THE COMMON RULE

FORMING HABITS OF LOVE FOR A WORLD OF CHAOS

WHO AM I?		WHO AM I BECOMING?			WHO AM I BECOMING?		MILESTONES
ROLES	VISION	HABITS			HABITS		
		ANNUAL	QUARTERLY	MONTHLY	WEEKLY	DAILY	
1. DISCIPLE	To love God		<ul style="list-style-type: none"> Revise this chart One day of silence and reflection 	<ul style="list-style-type: none"> Fast twice Memorize one verse 	<ul style="list-style-type: none"> Have two extended quiet times a week Sabbath 	Morning / Noon / Night Kneeling Prayer	
2. HUSBAND	To be best friends with Lauren	One getaway just us	Saturday of deep house cleaning reset	<ul style="list-style-type: none"> One fun date night One conversation date night 	<ul style="list-style-type: none"> Only one weeknight per Sun-Thurs of social activity out of house Evening of downtime with Lauren 	<ul style="list-style-type: none"> Pray with Lauren before bed Keep phone off from 6-8pm 	
3. FATHER	My sons know they are loved	Write a letter to each child	Parenting review with Lauren	One blank weekend in town with no prior commitments	<ul style="list-style-type: none"> Every Saturday morning with just the boys and give Lauren a break One family night of prayer and bible reading 	Stop work at 6pm even if I have to work after bedtime	
4. FRIEND, BROTHER & SON	Friends like family, family like friends	<ul style="list-style-type: none"> One Cast Weekend One Family Vacation 	One weekend at Smith Mountain Lake with immediate family	At least two intentional 1:1 conversations with a friend	Sunday family dinner		
5. WORKER	Build excellent institutions	Tithe 5% of hours to pro bono / volunteer	Clean office and reconsider health of space	Two networking lunches		<ul style="list-style-type: none"> 10 min of prayer / meditation midday One time of checking news at 3:30pm, no others 	
6. CREATOR & CATALYST	To help myself and others see			Spend extended 90 min engaged in hobby	Journal at least one page	Record daily activities in iCal	
7. STEWARD	To multiply talents		Quit one thing		<ul style="list-style-type: none"> Limit alcohol to no more than 2x per week Two active / exercise time per week Review budget 	<ul style="list-style-type: none"> Drink two liters of water per day Eat light lunch Vitamins 	