

Daily Rhythms

Bible & Prayer *Embrace the word*

Conversation *Embrace community*

Silence *Limit noise*

Turn Off Tech *Limit distraction*

Weekly Rhythms

Sabbath *Embrace rest*

Friendship *Embrace relationships*

Fasting *Limit comfort*

Physical Activity *Limit digital consumption*

5 C's of Calling

Calling

Assignment

Christ

Core

Church

Career

Community

Bucket List

Health	Love	Work	Play	Money
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7