

6. *Start small! Choose 1 practice supporting your relationship with people to focus on building in this next season.*

A Rule of Life doesn't have to be daily

- HABITS | DAILY (telling a spouse you love them daily, a meal with family daily)
- SCHEDULE | WEEKLY (a small group, attending church)
- CALENDAR | MONTHLY (a monthly dinner party, monthly volunteering)
- TRADITIONS | ANNUALLY (eg. A weekend away, Wildfires, reading a book)
- LIFETIME RHYTHMS | 7-10 YEARS (celebrating an anniversary, a pilgrimage with friends, a “milestone” trip with a child)

Practice Ideas

- Examples for friendship: weekly phone call or coffee with friend, regular times to connect over a meal, join a life group, monthly catch up, weekly dog walk, weekend away with friends.
- Examples for church: weekly meal with community, church on Sunday, regular dinner parties, serving together, pursuing relationships across lines of class and ethnicity, going to Wildfires.
- Examples for marriage: a touchpoint each day, date night, cultivating healthy sexual connection, regular getaways, read 2 new marriage books this year, get counselling.
- Examples for family: sitting down to dinner three nights a week, sabbath, a weekly parent-child date, annual holiday, family movie night or games night, read a parenting book.

- Examples for wider community: inviting a friend to Alpha three times a year, start volunteering in a serving team, a regular night to host neighbours for dinner, spending time listening to co-workers, serving the community through volunteering at foodbank/a school/a charity etc.
- Examples for singleness: daily WhatsApp checking in with a friend, regular meals with family, sign up to a new hobby/course to nurture new friendships, use seasonal occasions as an excuse to host a gathering, weekly phone call where you share honestly and openly with a friend, join a life group or serving group, organise a monthly social with a group of friends, join an online community and contribute regularly, monthly “just because” gifts for loved ones around you, reach out to someone new monthly or reconnect with an old friend(s), an annual holiday with friends or family, a monthly day trip or adventure with a friend.