



1. *Define what your “work” is. What has God called you to in this season of life? (School or university work, paid employment, voluntary work, raising children, tending your home etc).*
2. *What are the aspects of your life that distract you from stewarding your work well? Do you have any bad habits?*
3. *What habits and practices make up your current rule of life around work (intentional or unintentional?)*
4. *Do any of your habits need stopping or adapting?*
5. *What are some practices you’ve wondered about exploring?*

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

A Rule of Life doesn't have to be daily

- HABITS | DAILY (Have a plan for the day, sitting at your desk on time)
- SCHEDULE | WEEKLY (Protected time for important work, connecting with a new person, a weekly catch up with a peer)
- CALENDAR | MONTHLY (Reading a book a month to grow in your area of calling, a monthly meeting with a mentor or mentee, a standing order giving financially)
- TRADITIONS | ANNUALLY (eg. An annual conference, investing a yearly bonus into kingdom work)
- LIFETIME RHYTHMS | 7-10 YEARS (Signing up for further education to retrain/grow expertise, Launch a new entrepreneurial project)

Practice Ideas

- Planning the day before you begin
- Having a plan or schedule for the week
- Investing in training to grow in your calling
- Showing up on time
- Dedicated deep work hours
- Schedule in 3-4 hours a week for “catch up” time for work that’s overrun/ interruptions that have occurred.
- Entrepreneurial projects
- Regular charitable giving
- Training other people up
- Keeping a blessing fund for your profits

- Habits to make your work more environmentally sustainable
- Attending networking events
- Completing a course or further education
- Reading books to grow expertise
- Meeting with a mentor
- Mentoring someone else
- Do the hardest tasks of the day first
- Only check your emails at certain points of the day