

Creating a Rule of Life - worksheet

A “Rule of Life” provides a framework to guide one’s life. Some have likened a rule to a trellis. Just as a trellis helps provide the structure that vines need in order to grow in healthy ways, developing a Rule of Life provides the structure on which our we can grow in healthy ways; spiritually, physically, and emotionally. A time-honored practice, it has helped ordinary people live extraordinary lives.

Personal Rules can be simple or complex. One of the oldest and best known Rules was developed by St. Benedict in the 5th century. It is hard to imagine a document written 1500 years ago, would still be applicable today. St. Benedict’s Rule does not call us to heroic deeds, instead it teaches us that growth in life is found in the sanctification of the everyday things that we do.

In developing your own Rule, begin with disciplines you already observe. Break them down by day, week, month, season and year. Doing this will allow you to see a pattern and realize that you already have the framework for a Rule in your life. Take some time and think about other elements or disciplines you would like to begin adding. Examine the desires you have for your life.

Some ideas of things to include in your rule:

- Adopt a new discipline
- Read something spiritually challenging
- Save more money
- Get involved with a local charity
- Go back to school
- Develop a fuller spiritual life
- Attend a retreat
- Observe regular periods of silence
(A well-known guideline for silence is been: 1 hour per day, 1 day per month, 1 week per year)
- Make a formal “Confession”
- Observe a period of fasting, either from certain foods, drink or media

There are no right nor wrong elements to a Rule of Life. What is most important is that it be realistic and meaningful to you. Think about your desires, and set new habits into motion to see those desires become a reality.

Attached are two worksheets; one to help you brainstorm the different desires you’d like to see become realities, and the other is designed to help you set your Rule down on paper to make it a reality.

Take some time to reflect on this, be gentle with yourself, make your Rule reasonable. Remember you don’t have to wait until the new year to revisit your Rule of Life, adjustments can be made at any time. Please feel free to contact me for direction on this exercise: lisa@dailypax.com



Spend some time in reflection about the things you've considered taking into your life.

Worksheet for Moving My Desires into Reality

List some issues you've been thinking about:

Pick one or two that really stands out to you and work them into the grid below. The first one provides an example:

What What is the thing I'd like to do, or not to do ...	Why Why is this something I'm thinking about?	How If I break this desire down, what steps can I make today?
<i>Find more peace in 2017</i>	<i>I'm having trouble balancing everything in my life. I feel a lot of anxiety.</i>	<i>Make plans to attend a retreat this year!</i>

Once you've identified things you can do to begin incorporating your desires into your Rule of Life, transfer them onto the next worksheet.



Drafting My Rule of Life

~ Things I already do ~	~ Things I want to add ~
Daily	
Weekly	
Monthly	
Seasonally	
Yearly	
Additional Elements	

