

What 'Rule' do you live by?

What do you <i>actually</i> do every day, week, month, year to sustain & grow...	Every day	Every week	Every month	Every year
1. Your relationships with loved ones, family and close friends?				
2. Your relationships with work colleagues?				
3. Your relationships with neighbours and community?				
4. Your relationship with the wider world?				
5. Your spiritual life/relationship with God/your own soul?				
6. Your own personal health & well-being?				

Is there anything which surprises you about what you've written? Are there particular 'gaps' you need to work on?

Are there special places associated with any of the above?

What one thing would you like to change in order to get a better balance in your life?

In one sentence, what is your personal 'Rule of life'?

Do you have a 'Rule' you share with others - partner/colleagues/friendship group/Church/community?

Is there anyone you feel accountable to for how you live your life?