

RULE OF LIFE PLANNER

(Condensed from Holy Family School of Faith handouts)

Your rule of life—your path to holiness through a balanced spiritual life—is lived by following a “Plan of Life”. This plan is like a recipe: all the ingredients (goods) in the right amounts. Making a plan helps us to properly order and prioritize our time and activities; we have a hierarchy of how to best use our time in order to lead a balanced life. This helps us to grow in virtue, and is about being over doing; growing in relationship with God vs. getting through a checklist.

Include amounts of all the following ingredients (goods) in your plan: physical goods (sleep, exercise, food, etc.), achievement (work), human relationships (family, friends), spiritual relationships (prayer and sacraments), knowledge (study), beauty (music, art).

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RULE OF LIFE

Simplify and Be Fully *Alive*

Happiness is the possession of the good things that fulfill our human nature. Happiness, Peace and Spiritual growth are the fruit of a well ordered and balanced life. Think of the good things you desire. God placed a desire in your heart for these seven goods.

1. Physical Needs
 - a. Sleep 6-8 hrs/day
 - b. Personal hygiene 30 min/day
 - c. Eat 2 hrs/day
 - d. Exercise 30 min 3-5 days/week plus the commute to gym if necessary = 1hr
2. Friendship with Christ
 - a. 30 min/day in prayer/Rosary
 - b. Frequent the Eucharist and Reconciliation
3. Human Relationships/Friendship
 - a. 30 minutes of quality time with spouse/day
 - b. 30 minutes of quality time with kids/friends
4. Meaningful Work 8-10 hrs/day
 - a. In the home and outside the home
 - b. 1 hour for your commute
5. Knowledge - Learn about what interests you
6. Experience beauty in its many forms
7. Individuality – The unique way you pursue each good

Be creative in combining two or more of these at one time (waking and talking with a spouse).

Our Problem is we have too much of some ingredients and too little of others and in some instances the wrong ingredients.

We need to think about what ingredients we need, choose them and eliminate others. Create a recipe, rule or plan of life, that is, a structure that enables you to live a well-rounded life.