

Life Rhythm

Annual Emphasis For:

- ① **Spiritual** To be the HOLYEST & FULLEST version of the Man I'm DESTINED/CALLED; DESIGNED/CREATED to become.
- ② **Emotional** To grow in SELF-AWARENESS & EQ through the Emagroom while expanding my emotional vocabulary.
- ③ **Relational** To be most CONNECTED to & RESPECTED by those most entrusted to my care & influence.
- ④ **Vocational** 5 Resolutions: Sacrifice; Submission; Empowerment; collaboration; Endurance
- ⑤ **Financial** To lay foundation of FAITHFUL & generous stewardship for the mid-1/2 (1st yearly & expenditures) of life.

Seasonal Focus For:

EMOTIONAL

SPIRITUAL

VOCATIONAL

RELATIONAL

FINANCIAL

	Q1 (Jan - Mar)	Q2 (Apr - Jun)	Q3 (Jul - Sept)	Q4 (Oct - Dec)
EMOTIONAL				
SPIRITUAL	Daily Praying Adjusted Month-Month	PODCASTS & BOOKS & COURSE MEDIA (Monthly 1/2 month) PHYSICAL: fasting, sleeping, activity MENTAL: monthly reading LIST - Podcasts Soul: OT/NT/PSALM/PRAISING TEXTS		
VOCATIONAL	1st yr (month)	Job changed (BC's) {our vision = strategy}	... (no student ministry)	2nd yr strategic plan
RELATIONAL	identity - Invest in "Dependency"	vacation: {NETO H3B0R1} {mutual} Family (BC's learn pm)		Allen/Justin's wedding (Oct)
FINANCIAL	constant recovery ↳ back on budget	HOMEST	HUNTING	New Family Budget (Sept)

Life Rhythm

Annual Emphasis For:

- ② **Spiritual** To be the HEALTHIEST & FULLEST version of the Man I'm DESTINED/CALLED & DESIGNED/CREATED to become.
- ① **Emotional** To grow in SELF-AWARENESS & EQ through the Enneagram while expanding my emotional vocabulary.
- ③ **Relational** To be most CONNECTED to & RESPECTED by those most entrusted to my care & influence.
- ④ **Vocational** 5 Resolutions: Sacrifice, Submission, Empowerment, Collaboration, Endurance.
- ⑤ **Financial** To lay foundation of FAITHFUL & GENEROUS stewardship for the mid-40s (1st wedding & expenditures) of life.

Seasonal
Focus For:

EMOTIONAL

SPIRITUAL

VOCATIONAL

RELATIONAL

FINANCIAL

	Q1 (Jan - Mar)	Q2 (Apr - Jun)	Q3 (Jul - Sept)	Q4 (Oct - Dec)
EMOTIONAL		PODCASTS ; BOOKS ; SOCIAL MEDIA		
SPIRITUAL	Daily Prayers Adjusted month-month	(Ministry 1/2 month) PHYSICAL : eating, sleeping, Activity MENTAL : monthly reading LIST - Podcast Soul - OT/NT/Isiah/Psalms/Praying Texts		
VOCATIONAL	India (month)	Job changed (BC?) { our vision & strategy }	... (no student ministry) 2023 ex. strategic plan	
RELATIONAL	identity - Invest in "Deputy"	vacation - East Coast Family { NEW HIRE } { mutual }	{ BC3 lower pm }	Adm/ Tamil wedding (Oct)
FINANCIAL	consistent Recovery → Back on Budget	HOUSING	HUNTING	New Family Budget (Sept)

January

EMOTIONAL SPIRITUAL VOCATIONAL RELATIONAL FINANCIAL

Transfer & adjust seasonal focus for Q1 from Life Rhythm	<ul style="list-style-type: none"> Self Assessment - EQ Enneagram Emotional vocabulary 	<p><u>ARTISTICAL</u></p> <ul style="list-style-type: none"> Sketch, Gym, Yoga Shi, 15 April 50% <p><u>INTELLECTUAL</u></p> <ul style="list-style-type: none"> Readings/Books Reading List <p><u>POETRY</u></p> <ul style="list-style-type: none"> Podcasts/Poetry 	<p>Jan 6x6 (1/6 → 2/10)</p> <ol style="list-style-type: none"> Enneagram event Spicino; That BYA workshop Practical Fall FAV/SMT Midge Alan Cooper 	<p>Identify "deeper"</p> <p>Practical, Poetic, Symbolic, "SC", Images, william, Chapman, Jefferys, Central, M. H. Lewis</p>	<p>Review Christmas (Jan)</p> <p>Budget or Budget (Feb)</p>
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Week 1		Typology • Enneagram Christmas Book	Christian Deviant (India) Psalms		{NHS} Book Review Aunt Betty	
Week 2	• Event for individuals (WEDS)		Reading Bible (Paper) Psalms	• The 5 Up • The 5 (two videos) • Enneagram 1		
Week 3	• Event for couples		Wren (Poet) Psalms	• FAT Mags (Early video) • Enneagram 2		Party CC
Week 4			Way of Dragon/What Psalms	• FAT (Lunch Practice)	Lillie's Bday See Amy's (mutter, crystal)	
Week 5			Everybody Mummy! (Liff) Psalms	(Lunch Practice)	Julie's last with Silver Army	

January

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<p>Transfer & adjust seasonal focus for Q1 from Life Rhythm</p>	<p>• self awareness → EQ ↳ Enneagram</p> <p>• emotional vocabulary</p>	<p>(PHYSICAL) - stretch, gym, yoga - shut, 15 min - 50%</p> <p>(INTELLECTUAL) - ... - reading list</p> <p>(FOCUS) - 7 min / prayer</p>	<p><u>Jan 6x6</u> (1/6 → 2/10)</p> <ol style="list-style-type: none"> 1. enneagram book 2. splendo; that 3. EYA workshop 4. present all 5. 7AM/5AM mtg 6. 3am prayers 	<p>identify "draper"</p> <p>(muller, Barthel, Simpson, "SC", Oranger, Williams, Chapman, Jefferys, ...)</p>	<p>Review Christmas (Jan)</p> <p>Book on Budget (Feb)</p>
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Week 1		scripture Dominant (India) Psalms		{ notes } scripture about Bible	
Week 2	• Event for individuals (WEPPI)	reading Bible (Piper) Psalms	- The 5 Up - The 5 (one ladies) - Enneagram 1		
Week 3	• event for couples	women (Piper) Psalms	- TAT songs (Early video) - Enneagram 2		Party CC
Week 4		way of women/ label Psalms	- TAT (worship practice)	Lillie's Bible See army (military, royal)	
Week 5		everybody Always! (Coff) Psalms	(worship practice)	Jesus last visit before Army	

Typology • Scripture Chestnut Book