**A Guide to Creating a Rule of Life (Adapted From InterVarsity Personal Development Plan)**

Part 1: Reflection. Take time to answer and reflect on as many of the questions below as you are able. Ideally, you should spend time reflecting on your own, and talking through at least some of the questions with others.

*Spiritual Formation*

- How is my relationship with God shaping who I am and how I behave?

- What do I want that relationship to look like in the future?

- What actions on our part can help you move there?

- What spiritual disciplines do I practice? Which ones do I desire to learn?

- Where would I choose to grow…

- … with the role of Scripture in my life?

- … with my prayer life?

- … with my Sabbath experience?

- ... with other spiritual disciplines?

- How does my ethnic heritage and identity affect my understanding of God and His Kingdom?

- What is my current involvement in a local church, and how do I want to deepen my involvement?

- How am I actively engaged in sharing Christ, cross-cultural outreach, and justice ministry? What is the bountiful harvest to which Christ as sent me?

- Is there a circle of trusted friends with whom I am walking out my Christian faith? If not, what do I need to do to initiate this?

- Which fruit of the Spirit do I want to develop further in my life?

*Personal Formation*

- In my life outside of work and church, where are the places I want to develop as a person?

- What kinds of behaviors do I need to change in order for that to happen?

- Are there any behavior patterns in my life that need to be changed?

- How can I better care for my body? (exercise, rest, eating habits, etc.)

- How can I infuse more playfulness and joy into my life? (hobbies, music, recreation…)

- How do I love those with whom I interact regularly? Do I need to pursue forgiveness with anyone? Are there relational patterns that I want to change…

- … with family members (both close and extended)?

- … with friends?

- … with church relationships?

- … with neighbors?

- … with any other relationships?

- How am I at setting appropriate boundaries? Can I set appropriate limits in all areas of my life?

*Vocational Formation*

- Where do I want to grow to a new level in my giftedness as it pertains to my responsibilities with InterVarsity?

- What new skills or abilities do I want to develop?

- Is there a new career focus, or new responsibility in my current work, that I want to move toward?

- Are there relationships I need to work on? Is there someone I need to reconcile with? Is there someone that I admire and might initiate a mentoring relationship with…

- … in my team/area/region/department?

- … in InterVarsity more broadly?

- Are there skills I need to improve for my present work?

- Do I set good boundaries at work?

- What skills/abilities will I need for my next step fulfilling my vocation?

Part 2: Examine. Look over your journaling/notes, and think about the process of answering the questions. Did any themes emerge? Which questions led you to the most excitement? Did you find yourself resisting any of the questions? Try to identify no more than three growth goals in each category.

Part 3: Create your rule. Using the chart below (or creating a larger version if necessary), list your goals. Then, identify potential resources that could help you meet your goals. Lastly, list the specific practices you want to take up.

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| **Spiritual Goal** | **Resources** | **Practices** |
|  |  |  |
| **Personal Goal** | **Resources** | **Practices** |
|  |  |  |
| **Vocational Goal** | **Resources** | **Practices** |
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Part 4: Implement your rule. Begin your practices. Let someone else know about your rule and ask them to check in with you occasionally. Set a time when you’ll revisit your rule and make needed changes. This should happen at least annually, or more frequently if your practices are new for you.