

Rule of Life Creation Worksheet

Use this worksheet to prayerfully design your own Rule of Life—a set of spiritual practices that shape your daily living and help you grow in your relationship with God and others. Reflect on each section, drawing inspiration from your own spiritual journey.

1. Guiding Scripture or Theme

What Bible verse, passage, or spiritual theme will anchor your Rule of Life? Write it here:

2. Core Values and Intentions

What values or intentions do you want to shape your life (e.g., compassion, integrity, gratitude)? List 3–5 core values:

3. Spiritual Practices

Consider which disciplines you will include (see handout) and how.

DAILY PRACTICES:

WEEKLY PRACTICES:

MONTHLY PRACTICES:

QUARTERLY PRACTICES:

ANNUAL PRACTICES:

4. Rhythm & Review

How often will you review or adjust your Rule of Life (monthly, quarterly, annually)?

Who can support and encourage you in keeping your Rule?

5. My Rule of Life Summary

In a few sentences, summarize your intentions and practices for living out your faith.

Remember: A Rule of Life is a living document. Let it guide you with grace, not guilt. Allow the Holy Spirit to shape, refine, and renew your Rule as you grow in faith.