

Nytasha's Personal Rule of Life Statements

Your personal rule of life is a holistic description of the Spirit-empowered rhythms and relationships that create, redeem, sustain and transform the life of God invites you to humbly fulfill for Christ's glory.

In order to begin to frame your rule of life (the focus of the first five chapters), the authors covered five very important issues: roles, gifts, desires, vision and mission. Each of these areas needs to be clarified as best as possible so that the general overview of your life is clearly understood and articulated as you move forward in crafting a personal rule of life. Before moving on part two, summarize your thoughts here. How is the Lord leading you in all five of these overarching areas of your personal life? Record your thoughts below:

My Roles:

“Your personal rule of life is discerned and framed within the context of your primary relationships and your spiritual community, and lived out in service to others” (p.21)

- The primary roles in my life are (1) Daughter (2) Sister (3) Student (4) Girlfriend (5) Friend/ Best friend
 - & These are the Relationships that I find important to me
 - Mother (Ramona) : 4/5- The relationship that I have with my mother is fairly healthy, being that she had to raise my siblings and I on her own and lost my oldest sister to colon cancer at the age of 21 I feel like my mom puts a lot of her burdens on me because she feels as though I am that sense of “light to her”. Being that I am the first person out of my family to attend and graduate from college a lot of people in my family look up to me and expect a lot from me which is stressful. So I go on to say that this relationship is fairly healthy because as I am trying to do things and figure out things for myself, to be successful I don't think my mom puts into consideration how her problems are affecting me and/ or is adding on to my own stress.
 - Father (Nicot):2- The relationship that I have with Nicot, is not present. Being that he has 7 other children I feel as though my father believes that because he was able to provide for my brother and I financially that's all there is to being a father and I personally don't agree with that. So although he was able to buy stuff for us which I am grateful for I would say that my dad does not really know me as much as my mother does and

has not taught me anything in life. As I have gotten older, I realized how the relationship with my father has affected me as I expected to receive a certain love from my partners that I was lacking from my dad.

- Sister (Nylah);4/5- The relationship that I have with my sister is fairly healthy, I am the big sister who supports all that she does and gives her tough love because as a child I never had someone there to push me to want to do better, I had to find that strength within myself. So, I want to be that push for her to make sure that she is successful in all that she does.
- Girlfriend (Shawn) 4/5: The relationship that I have with my boyfriend is fairly healthy, just like all relationships we have our ups and downs. I view my boyfriend as my best friend, he is someone I confide in often, he is very supportive and helps me with all that I do. Some of the things that affect our relationship I feel are spending quality time. Because I am in school and am working and he graduated in 2019 I feel like it's hard finding that balance between our personal lives such as work, his business and my education and finding that moment to have 100% intimate time with one another where we aren't on our phones.

My Gifts:

“Your personal rule of life is discerned and framed through the discovery of your spiritual gifts, natural talents and temperament” (p.32)

I believe some of my natural or God given gifts are:

- Being an active listener: I believe that being an active listener shows that you genuinely want to understand a person’s problems and/ or point of view, whereas some people just want to know things to be in your business.
- Being a natural person people feel comfortable to confide in: Every time I talk to someone, they feel comfortable with sharing things that they may not feel comfortable with sharing with others. (they always tell me you have something about you that makes me feel safe to confide in you).
- Being patient: I believe that certain people were called to serve in God’s kingdom, not everyone has a certain level of patience to deal with people who have needs.
- Nurturing: I provide unconditional love and make people feel comfortable

My Desires:

“Your personal rule of life is discerned and framed through the longings, yearnings and goals God has placed on your heart and mind that propel you forward with joy” (p.43)

Some of my Desires are:

- To be successful

- To be an effective social worker to make an impact in other people's lives and in the lives of those around me
- To inspire others

My Vision:

“Your personal rule of life is discerned and framed within the holistic, long-term vision and passion God had planted in your heart” (p.54)

- I believe my unique or big picture contributions to the world is to be a Licensed Clinical Social Worker (LCSW) working in a hospital setting making an impact in the lives of those in a vulnerable community.

My Mission:

“Your personal rule of life is discerned and framed within the specific purpose(s) God invites you to fulfill in this season of life” (p.66)

- Through God’s will, my mission is to become a LCSW so that I can fulfill my vision of working with clients and/or patients that have detrimental disabilities and/or diseases