

	SPIRITUAL LY (TIME)	RELATIONAL LY (TRUST)	PHYSICAL LY (TEMPL E)	FINANCIAL LY (TREASUR E)	MISSIONAL LY (TALENT)
DAILY / REGULAR LY	When rising, 15 minutes with God in prayer by meditating and Worship him	To remind my children that I love them. check on my husband at work	Eat a healthy meal a day	To bring lunch to work every day	Sing for God in my daily life.
WEEKLY	To attend bible, study every Friday night And my Sabbath every Sundays	To call my siblings at least once a week if possible, Saturday	Try to exercise at least two to three times a week	To put \$100 in my savings bi-weekly	choir practice once a week on Sundays
MONTHLY	To fast at least one time a month in order to be closer to God	To check on my friend To go out with my family at least once a month.	Go Running with y daughter one Saturday a month	To tithe Put away \$200 in my children's savings	Family communication round table one Sunday a month
QUARTERL Y/ SEASONAL LY	Making a habit of turning my mind to God in prayer.	To call and check on my extended family such as my close cousins.	Dental appointment	Revise my financial	
ANNUALLY	Revising my spiritual rule of life	go to a retreat Family vacation	to get my physical check-up yearly	going on a family vacation	going on a mission for God