

	SPIRITUALLY (TIME)	RELATIONALLY (TRUST)	PHYSICALLY (TEMPLE)	FINANCIALLY (TREASURE)	MISSIONALLY (TALENT)
DAILY / REGULARLY	Pray and really take the time to connect with God.	Spend some quality time daily with my boyfriend and my dog. Talk to my mom on the phone most days.	Stretch and walk daily for physical and mental health.	Make an effort to cook daily or eat in the house.	Meet all deadlines for assignments.
WEEKLY	Meditate and have a longer prayer session. Attend mass virtually.	Talk to my best friend and catch up on life.	Go to the gym and run on the treadmill or do a high intensity workout 3 times per week.	Create a budget for the week laying out what will need to be spent each day.	Do process recordings for field placement, meet with clients, and fulfill responsibilities at work.
MONTHLY	Try to journal some of your experiences with prayer.	See my friends and do an activity or have dinner together. Go on a date formal date with my boyfriend.	Once a month, push myself to do a longer run.	Go over bills and make sure that they are scheduled correctly based on my pay periods.	Get all notes into the system for field placement by the end of the month.
QUARTERLY/ SEASONALLY	Go to confession and do penance.	See friends who I do not get to spend as much time with (college friends or old co-workers).	Go to the dentist for a teeth cleaning at least twice a year. Get haircut and highlighted twice a year.	Have quarterly phone meeting with financial advisor who handles investments.	Finish the semester off strong.
ANNUALLY	Go on a retreat either solo or with mom.	Go on a trip with my mom. Go on a trip with my boyfriend. Go on a little girls' trip with my college friends.	Get yearly physical/ medical exams.	Get taxes done early and meet with financial advisor.	GRADUATE IN MAY!

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