

	Spiritual <i>(Time)</i>	Relationally <i>(Trust)</i>	Physically <i>(Temple)</i>	Financially <i>(Treasure)</i>	Missionally <i>(Talent)</i>
Daily	Read one chapter a day at 7 am/15 minutes alone time in silence.	Tell mom, Cathy, or my children, "I love you" Daily.	Eat fewer products with sugar.	Eliminate Uber eats	Pray before counseling each patient.
Weekly	Personal Bible study with notetaking, threw the minor prophets-1 one chapter a week.	Go out with Matthew on the weekends to a place he enjoys.	Work out 3x a week.	Meal prep/Tithe	Meet for supervision with mentor
Monthly	Fast last Sunday of the Month.	Date night with Cathy.	Weighting myself and checking my BMI.	Pay off any balance on credit cards.	Reach out to men whom I have not seen in a few weeks.
Seasonally	Start and complete a Christian book.	Have an "unspoken expectations for both parties" conversation with my girlfriend.	Detox body/Get a physical.	Reevaluate spending habits	Host facilitators meeting to evaluate where the leaders are.
Annual	Go to a Men's retreat.	Take a Vacation	Dopamine Fast	Give a special offering to a missionary ministry	Host a workshop for the church.