

# The Common Rule

forming habits of purpose for an age of distraction

WHO AM I?		WHO AM I BECOMING?					Milestones
Roles	Vision	Habits					
		Annual	Quarterly	Monthly	Weekly	Daily	
1. <u>DISCIPLE</u>	FALL IN LOVE AGAIN w/ JESUS	Observe Lent + Advent Throw Easter Party	1 meeting w/ a mentor	• 1 morning hour of journaling & prayer • 1 24hr fast • 2 meetings w/ a mentee	24 hour <del>SABBATH</del> Accountability call	Weekday Scripture Before Phone 3x Kneeling Prayer (morn/noon/night)	
2. <u>HUSBAND TO LAUREN</u>	That LAUREN FEELS LIKE I LOVE HER MORE THAN EVER	• 2x getaways just us • Take at least 2 weeks off work	Parenting/ Finance Check-in	• 1 Conversation Centric Date Night • Take comp day off following speaking travel	DATE NIGHT	• Smile during our midday check-in • Pray before bed	
3. <u>FATHER TO THE BOYS</u>	MODEL THEIR HEAVENLY FATHER	• 2x Family Getaways • Birthday letter to each son • 1-2 six talks w/ each boy	1 Family Camping Trip	Reserve 2 free SAT per month	TUES NIGHT FAMILY DEVOTION	• Morning Prayer • Family Dinner • 1 hr w/ my phone away in Aco • Bedtime Blessings	
4. <u>FRIEND</u>	LIVE w/OUT SECRETS. Know & BE KNOWN.	1-2 Guys weekend getaways	• Quarterly Cocktail w/ Drew Barrett • Sat at land w/ the families	1-2 Shaktan Circles	• MATT & STEVE Conversation Events every other week • Keep Thurs open for hospitality	No sarcasm on text chains	
5. <u>BROTHER &amp; SON</u>	BE REMEMBERED AS A BROTHER WHO IS KIND	Family Beach WEEK			Family Sun Luncht		

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6. <u>BUSINESS OWNER</u> + <u>LAWYER</u>	DEVELOP PEOPLE ; GROW FIRM	<ul style="list-style-type: none"> <li>2x FIRM RETIREMENT</li> <li>Office Clean out</li> </ul>	<ul style="list-style-type: none"> <li>Each employee review</li> <li>FIRM vision if not retreat</li> </ul>	<ul style="list-style-type: none"> <li>1 FIRM Happy Hour</li> <li>1 Lawyer Network lunch</li> <li>Handshake Legal Meeting</li> </ul>	<ul style="list-style-type: none"> <li>Quickbooks Review</li> <li>FRIDAY Donuts</li> </ul>	<ul style="list-style-type: none"> <li>Morning Stand-Up</li> <li>Protect 8-12 for Deep Work</li> </ul>	<ul style="list-style-type: none"> <li>Cross Revenue Growth</li> <li>Launch HOURS4LIFE LEGAL PLATFORM</li> </ul>
7. <u>WRITER</u>	CREATE BEAUTY THROUGH GOOD WORDS	1 day working on novel writing	<ul style="list-style-type: none"> <li>Submit 1 poem</li> <li>Read 1 novel or poetry book</li> </ul>	1 Writing DAY		<ul style="list-style-type: none"> <li>8-9 AM Writing Hour</li> <li>Keep poetry book ; notebook always at hand</li> </ul>	<ul style="list-style-type: none"> <li>Get next book under contract</li> <li>Get children's book under contract</li> <li>WRITE 3 prayer books</li> <li>E-publish Advent books</li> <li>E-publish THE BODY TELLS THE SOUL</li> </ul>
8. <u>EMBODIED SOUL</u>	Honor God w/ MY BODY				<ul style="list-style-type: none"> <li>5 WEEKDAY WORKOUTS</li> <li>Enjoy alcohol only on social nights</li> </ul>	<ul style="list-style-type: none"> <li>170g protein 550g veggies/fruit (no sugar or excess carbs) except Donut Friday</li> <li>Daily gallon of water</li> <li>Daily vitamins</li> <li>7.5 hours sleep (11<sup>30</sup>-7)</li> </ul>	
9. <u>COVENANT PARTNER AT CHURCH</u>	BE A SERVANT LEADER	Play in band at least once w/ Whit	Preach or Teach class	Support Lauren as Governing Elder	<ul style="list-style-type: none"> <li>Sunday morning worship</li> <li>Host or lead Bi-Weekly Parish Group</li> </ul>		
10. <u>STEWARDS OF STUFF</u>	Am Forever "Well done my good & faithful servant"		<ul style="list-style-type: none"> <li>HOUSE RESET</li> <li>YARD RESET</li> <li>FINANCE Check-in w/ Lauren</li> </ul>		<ul style="list-style-type: none"> <li>30 min MINT session</li> </ul>	Record daily time use diary each evening	Give away more money than last year