

CREATE YOUR OWN PERSONAL FRAMEWORK

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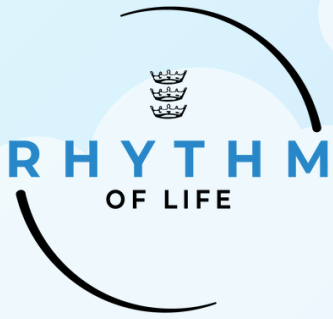
Once a week I will pick up litter in my local park and pray for creation

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I will say night prayers for 10 minutes before I go to sleep every night

I will join youth bible study every Thursday

Use this framework to help you create your own rhythm of life. Try different practices and when you find one that works for you add it to your framework. See example above.



.....'S
RHYTHM OF LIFE

On this day I have decided to follow a new rhythm in my life, one that will change and develop as I grow in faith.

Name:

Date: