



## Rhythms & Practices to Run Well in 2024

	DAILY	WEEKLY	MONTHLY	QUARTERLY	BI-ANNUALLY	ANNUALLY
<b>SPIRITUAL</b> Soul care, intimacy with Jesus, Kingdom of God, character						
<b>PHYSICAL</b> Rest, nutrition, movement, thought, emotions						
<b>RELATIONAL</b> Meaningful relationships, friendship, dyadic connections						
<b>VOCATIONAL</b> On mission with God, focus, ability, limits, commitments						