

Habit Audit

What we're doing: taking a snapshot of what we do, so we can later make choices that help us “abide in the vine”:

While the word “rule” may strike you as a strict or binding constraint, the Latin word we translate “rule” was originally the word for a trellis in a vineyard. In the same way a vine needs a trellis to lift it off the ground so it can bear the maximum amount of fruit, and keep free of predators and diseases, we need a rule as a kind of support structure to organize our life around “abiding in the vine,” (John 15v1–8) as Jesus imagined.

Consider and write down the pattern for what is typically a few days in your life. For example,

- Body/physical, Mind/mental, Soul/Spiritual, People/Relational (“Shema” - loving God with heart, soul, mind, and strength, and our neighbors as ourselves).
- Self-care, basic physical and emotional maintenance
- Relationships, including seasonal or annual events and communities (e.g., hunting)
- Social media, computer gaming, other media
- Education, self-improvement/development
- Communal: Family, Neighborhood, Worship & Formation, Leadership

Reflect: Where is most of your time spent? Is that what you want? What is God saying to me?

Write: Based on your answers, what do you perceive your values to be?

Reflect and pray: Identify your desired values (not necessarily those values you perceive above). Consider your roles, gifts, passions, and long-term vision.

Write: List those values according to their priority.

Reflect and pray: Review the assessment of your personal and communal practice.

1. Which of my behaviors align with those core values above?
2. Which of my behaviors/actions conflict with those core values above?
3. What can I do about it? What will I do about it? What is God saying to me?

<i>Practices</i>	Daily	Weekly	Monthly/ Quarterly	Yearly
Personal	<ul style="list-style-type: none"> • Run • Read 	<ul style="list-style-type: none"> • Calendar • Sabbath • Study • Planning • Mike/Tim 	<ul style="list-style-type: none"> • Race • Massage • Chiropractor • Study Leave 	<ul style="list-style-type: none"> • Physical • Teeth Cleaning (2X) • Conference • Study Leave • Guys Trip
Spouse	<ul style="list-style-type: none"> • Check-in/ Connect 	<ul style="list-style-type: none"> • Date • Calendar 	<ul style="list-style-type: none"> • Personal retreat • B&B • Friends/double-date 	<ul style="list-style-type: none"> • Vacation
Family	<ul style="list-style-type: none"> • Check-in • Dinner/meal • Night-time 	<ul style="list-style-type: none"> • Planning • Breakfasts • Sabbath • Family Night • Chores • Practices/games 	<ul style="list-style-type: none"> • Date • Getaway • Friends • Hospitality • Extended Family 	<ul style="list-style-type: none"> • Vacation • Camping
Household		<ul style="list-style-type: none"> • Accounting • Bills • Chores 	<ul style="list-style-type: none"> • Reconcile • Reports • Projects • Seasonal 	<ul style="list-style-type: none"> • Taxes • Planning • Property Tax • Licensing • Oil Changes
Work	<ul style="list-style-type: none"> • Executing 	<ul style="list-style-type: none"> • Organizing • Preaching • Supervising • Leading 	<ul style="list-style-type: none"> • Planning • Pastoring • Elders 	<ul style="list-style-type: none"> • Strategic Planning • Reviewing
Rule	<ul style="list-style-type: none"> • Daily Connection • Prayer/Daily Office 	<ul style="list-style-type: none"> • Sabbath • Worship • Lectio • Sermon • Scripture Memory 	<ul style="list-style-type: none"> • Study Leave 	<ul style="list-style-type: none"> • Directed Retreat

<i>Personal Practices Assessment: Current</i>	Daily	Weekly	Monthly/ Quarterly	Yearly
Body/ Physical				
Mind/ Mental				
Soul/ Spiritual				
People/ Relational				

<i>Communal Practices Assessment: Current</i>	Daily	Weekly	Monthly/ Quarterly	Yearly
Family				
Neighborhood				
Worship & Formation				
Leadership				

<i>Personal Practices Assessment: Proposed</i>	Daily	Weekly	Monthly/ Quarterly	Yearly
Body/ Physical				
Mind/ Mental				
Soul/ Spiritual				
People/ Relational				

<i>Communal Practices Assessment: Proposed</i>	Daily	Weekly	Monthly/ Quarterly	Yearly
Family				
Neighborhood				
Worship & Formation				
Leadership				