



RHYTHM GUIDE

A thoughtful way to create precepts
you can live and thrive by



IN GENERAL

What is the thing you want most when it comes to your daily life?
What do you think God wants the most for you in your daily life?



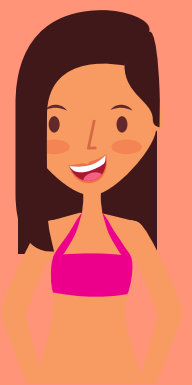
MORNING RITUALS

What is the best way to start your day? What is life giving for you? What morning practice would bring about gratitude, peace and joy? What would help you remember how much you are loved by God?



ALL DAY LONG

What gives you a sense of accomplishment for the day?
Include a precept that leads you to say to yourself each evening - Well done, mama!



PAUSE

What activity would provide a pause for you at some point in the day? Consider what it means to be compassionate towards yourself. What do you need to keep being you?



WHAT ELSE?

What else does your body, mind or spirit point you to? Is there something that is being neglected? Intentional conversation? Meaningful mealtime? Serving others?