

5 things I must do on purpose every day

1. **Spiritual** — How will I connect with God today? (Read Scripture, Meditate, Worship, Pray)

2. **Relational** — Who will I love today and how will I show them I love them? (Wife, kids, friends; text, card, gift, time, affirmation)

3. **Intellectual** — What will I read and file today? (Journal/Evernote)

4. **Physical** — How will I take care of my body today? (Eat, Exercise, Rest, Sabbath)

5. **Missional** — How will I make a difference in someone's life today? (Give, serve, invest, invite, share Christ)