

## Family Rule of Life Commitment Template

Family Member Names:

_____	_____
_____	_____
_____	_____

We, the \_\_\_\_\_ family have a set of Core Values that we commit to through our beliefs and through our actions. Our family's four Core Values are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

We believe that our actions should reflect our values. Therefore, as a family we commit to these two Vital Behaviors for each Core Value.

Core Value:

1. \_\_\_\_\_

Vital Behaviors for that Core Value:

1. \_\_\_\_\_
2. \_\_\_\_\_

Core Value:

2. \_\_\_\_\_

Vital Behaviors for that Core Value:

1. \_\_\_\_\_
2. \_\_\_\_\_

# Practice

## LOVE



Core Value:

3. \_\_\_\_\_

Vital Behaviors for that Core Value:

1. \_\_\_\_\_

2. \_\_\_\_\_

Core Value:

3. \_\_\_\_\_

Vital Behaviors for that Core Value:

1. \_\_\_\_\_

2. \_\_\_\_\_

We the \_\_\_\_\_ Family agree that we need a specific plan that's written down where everyone in the family can see it. Therefore, we commit to using the below system to keep track of our plan and stay on schedule:

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Signed:

_____	_____
_____	_____
_____	_____

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## Weekly Family Rule of Life Activity Sample

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Month: March 2020

Week: March 23-29

Core Values and Vital Behaviors:

- Time with God – 2x WK
- Health – 1x WK
- Family Time -3x WK
- Giving and Serving Others – 1x Month each (Collect money weekly)

Monday Vital Behaviors:

6:30pm Dinner together as a family

Tuesday Vital Behaviors:

7:00am Morning Devotion as a family over breakfast,

Family walk after dinner.

Wednesday Vital Behaviors:

6:30pm Dinner together as a family

Thursday Vital Behaviors:

7:00am Morning Devotion as a family over breakfast,

Family walk after dinner.

Friday Vital Behaviors:

Saturday Vital Behaviors:

Collect each family-member's money, go over giving plan – Give or save for later.

Serve breakfast together at the homeless shelter

Sunday Vital Behaviors:

Family Game Night after dinner

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## Weekly Family Rule of Life Activity Template

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Month: \_\_\_\_\_

Week: \_\_\_\_\_

Core Values and Vital Behaviors:

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Monday Vital Behaviors:

Tuesday Vital Behaviors:

Wednesday Vital Behaviors:

Thursday Vital Behaviors:

Friday Vital Behaviors:

Saturday Vital Behaviors:

Sunday Vital Behaviors:

## Family Rule of Life Monthly Calendar Sample

**Month:** March 2020

**Core Values:** 1. Time with God 2. Health 3. Care for Nature and Animals 4. Relationships

**Vital Behaviors:** 1. AM Devo 2x Wk, and Church on Sundays. 2. Cooking/eating healthy together 1x Wk and Family hike 1x Month. 3. Volunteer at Humane Society 1x Month and give to Conservation Fund Monthly. 4. Family dinner on cooking nights no cell phones and Movie Night 1x Month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cooking /Family Dinner	2 AM Devo	3	3 Volunteer at Humane Society
5 Church	6	7 AM Devo	8 Cooking /Family Dinner	9 AM Devo	10	11
12 Church	13	14 AM Devo	15 Cooking /Family Dinner	16 AM Devo	17	18 Family Hike and Movie Night
19 Church	20	21 AM Devo	22 Cooking /Family Dinner	23 AM Devo	24	25
26 Church	27	28 AM Devo	29 Cooking /Family Dinner	30 AM Devo	31 Give our Conservation Fund Gift	

## Family Rule of Life Monthly Calendar Template

Month: \_\_\_\_\_

Core Values: \_\_\_\_\_

Vital Behaviors: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday