
Sample Family Rule of Life

Barber Family Rule of Life

Vision: Our family values time spent with God, kindness and generosity toward those in need, taking care of the bodies God has given us (health), and time spent together as a family. We believe that our love for God and others should show through our actions. As such we are committed to spend time on activities that reflect our core values.

Daily:

- Dinner together three times per week – no cell phones.
- Short devotion weekday mornings at breakfast. Different family member leads each day.
- Every individual in the family gets some form of exercise at least 3x per week.

Weekly:

- Family gives (everyone contributes) weekly at church, synagogue, or temple.
- Family goes on a walk, or some form of exercise together 1x per week.
- Life-Group gets together with other neighborhood families 1x per week.

Monthly:

- Family serves others together one time per month
- Family game-night 1x per month

Yearly:

- Together, family creates a philanthropy plan. All members contribute financially. One combined gift is given to the agreed-upon charity(s) 1x per year.

Sample Family Rule of Life

Conroy Family Rule of Life

Family Vision: A family-life focused on God, family and loving others.

	Spiritual	Physical	Relational	Care of Others
Daily	Individuals do short morning prayer / devotion	Individuals agree it is important to exercise at least 2x per week.	Check-in text in evening	Be kind
Weekly	Sunday night family devotion / prayer time using Facetime			Individuals select their weekly giving and serving.
Monthly		Family hike	Family facetime call with everyone on.	Monthly family meeting in person or Zoom Room to discuss strategy and execution of family giving plan.
Yearly	July family retreat		Holiday family trip	Family meeting in person to execute annual family giving.

**Note: The Conroys have grown kids who live on their own.*