
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.*