



God Being My Helper - My Rule of Life for Caring for Others

	Current practice	Intended practice
Daily		
Weekly		
Monthly		
Yearly		

Gracious God, bless my intention to follow You more closely and uphold me by Your Holy Spirit. Amen

Remember to ask "Who does this impact and how will I communicate my intention?"

Recall: A good rule of life is SMART: Specific, Measurable, Achievable, Reasonable and Timely