

Rule of Life – Checklist

You might find the following quick checklist list useful in assessing your present ‘rule of life’ and areas that you would like to work on. Tick whether your current practice is good (G green column), needs some work, (A amber column), poor (red column)

Checklist

- 1 Pray daily in a way that you find helpful
- 2 You see spiritual director/soul friend at least once a quarter
- 3 Have an annual retreat
- 4 Reflect in your prayer life every aspect of your life
- 5 Pray with others every week
- 6 Being part of a cell/reflection/prayer group
- 7 Take one clear day off a week
- 8 Turn off from work during daily rest and family/friends time
- 9 Do not look at emails/text/work social media outside work
- 10 Take your full annual leave
- 11 Take the opportunities for CMD & use your annual grant
- 12 Take part in your annual MDR with an external reviewer
- 13 Engage in deanery and diocesan social occasions
- 14 Engage in safeguarding training
- 15 Have strategies for handling expectations your own/others
- 16 Be kind to yourself – recognising times of vulnerability
- 17 Identify safe spaces, know where to go to de-stress
- 18 Value and affirm – accept affirmation and thank others
- 19 Healthy living – pay attention to diet and exercise
- 20 Keep to boundaries, be disciplined and know how to rest



If you need help, ask Cameron Butland to refer you to specialist help, all requests will be treated confidentially, skilled help is available in the county.

