

Replenishment Rhythms Worksheet

What Rhythms do I need to focus on Daily?

| REST | WORK |
|------|------|
| | |

Biblical ideas discussed: _____

What Rhythms do I need to focus on Weekly?

| REST | WORK |
|------|------|
| | |

Biblical ideas discussed: _____

What Rhythms do I need to focus on Quarterly?

| REST | WORK |
|------|------|
| | |

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

| REST | WORK |
|------|------|
| | |

Biblical ideas discussed: _____

Replenishment Rhythms Worksheet *Example 1 - Chad*

What Rhythms do I need to focus on Daily?

| REST | WORK |
|---|--|
| <ul style="list-style-type: none"> • Bed by 10pm • Exercise | <ul style="list-style-type: none"> • Open Bible |

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

| REST | WORK |
|---|------|
| <ul style="list-style-type: none"> • Take my day off • Date night with Amanda | |

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

| REST | WORK |
|--|------|
| <ul style="list-style-type: none"> • 2 day unplug • Daddy daughter dates | |

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

| REST | WORK |
|--|--|
| <ul style="list-style-type: none"> • Guys Trip • Get-away with just Amanda | <ul style="list-style-type: none"> • Maintain what I have |

Biblical ideas discussed: Seasons

Replenishment Rhythms Worksheet *Example 2 - Luke*

What Rhythms do I need to focus on Daily?

| REST | WORK |
|--|---|
| <ul style="list-style-type: none"> Starting my day from a place of rest and margin, (don't work at night, work in the AM) Pausing to reflect and get perspective on the day so far | <ul style="list-style-type: none"> Planning to eat lunch Mid-day check-in with Taylor |

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

| REST | WORK |
|--|---|
| <ul style="list-style-type: none"> Consistent uninterrupted dates with Taylor Time to play music for fun | <ul style="list-style-type: none"> More intentional wrap up the week convo with David Block time on Friday for work beyond work |

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

| REST | WORK |
|---|---|
| <ul style="list-style-type: none"> Look more out at trips and travel opportunity for fun | <ul style="list-style-type: none"> Reviewing personal budget performance against goals Spending time to review my journal notes |

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

| REST | WORK |
|--|---|
| <ul style="list-style-type: none"> Seizing opportunity with parents and in-laws to travel Spending a dedicated day in silence and solitude | <ul style="list-style-type: none"> Planning to go to a new places with our community group |

Biblical ideas discussed: Seasons