

- ① I do this consistently.
 - ② I do this inconsistently but want to do it consistently.
 - ③ I do this rarely (or not at all) but want to do it consistently.
 - ④ I do not believe this is appropriate for me.
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PRIVATE

Solitude, Silence, Fasting

- ① ② ③ ④ I am alone (without interactive devices) for at least (a) an hour once a week or (b) this frequency: _____.
- ① ② ③ ④ I am silent (without interactive devices, reading or writing material) for at least (a) an hour once a week or (b) this frequency: _____.
- ① ② ③ ④ I fast (abstain from food, with modifications for health as appropriate) for at least one mealtime at least (a) once a week or (b) this frequency: _____.

Physical Exercise

- ① ② ③ ④ I train for strength and endurance, with modifications for health as appropriate, at least three times a week.
- ① ② ③ ④ I get physical exercise for at least 30 minutes every day.

Sabbath

- ① ② ③ ④ I begin and end the day free of devices and notifications.
- ① ② ③ ④ I do no work one day a week, and make the same possible for others in my sphere of influence.
- ① ② ③ ④ I have a regular annual extended absence from email and other work correspondence.
- ① ② ③ ④ I have a plan for extended (at least three-month) sabbaticals where I do no paid work.

PERSONAL

Friendship

- ① ② ③ ④ I maintain meaningful friendships with people (family and/or friends) who have known me since adolescence or early adulthood.
- ① ② ③ ④ I have friends with whom there is an explicit commitment to maintain our friendship until we are parted by death or incapacity.

Accountability

- ① ② ③ ④ There is someone to whom I am accountable for my income and pattern of spending, saving, and giving.
- ① ② ③ ④ There is someone who regularly helps me evaluate my travel, decisions about invitations to public events, and overall work patterns.
- ① ② ③ ④ There is someone (in addition to a spouse) who knows the details of those friendships and working relationships that could pose a temptation to inappropriate intimacy.

Prayer Support

- ① ② ③ ④ There is an identified group of people with spiritual maturity whom I can contact for prayer at urgent moments.

PUBLIC

Speaking

- ① ② ③ ④ My speaking terms and invitation and decision process are clearly described in a public document.
- ① ② ③ ④ When traveling, I limit public engagements to 2/3 of any given day.

Media

- ① ② ③ ④ I use fast, short media like Twitter for praise, gratitude, and affirmation, and use in-depth, longer-form media like articles and books for critique and criticism.
- ① ② ③ ④ I promote others using media at least twice as often as I promote my own work.
- ① ② ③ ④ I focus my work on the media in which I can become truly excellent and limit my participation in media where I cannot.

Gleaning

- ① ② ③ ④ I regularly say no to invitations I could conceivably accept, recommending others who are ready for that opportunity, especially those with less privilege and power than myself.