	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Morning Office	Morning Office	Morning Office	Morning Office	Morning Office	Morning Office	Morning Office
6:30 AM				Men's Discipleship			Sermon & Deep Work
7:00 AM	Family	Family	Family		Family	Sermon & Deep Work	
8:00 AM	Executive Vision Work	Tonal	Sermon & Deep Work	Sermon & Deep Work	Sabbath w/ Andrea	Family	Church
9:00 AM							
10:00 AM	Weekly Willdrea Meeting	Weekly Staff Meeting					
11:00 AM							
12:00 PM	Tonal		Tonal	Tonal			
1:00 PM	Afternoon Walk & Prayer	Staff Ideation Meetings	Afternoon Walk & Prayer	Afternoon Walk & Prayer			Family
2:00 PM							
3:00 PM	Contrast Therapy	Contrast Therapy	Pastoral & Ideation Meetings	Pastoral & Ideation Meetings			
4:00 PM							
5:00 PM	Family	Family	Family	Family	Family		
6:00 PM							
7:00 PM							
8:00 PM		BEHOLD					
9:00 PM	Examen & Devotional		Examen & Devotional	Examen & Devotional	Examen & Devotional	Examen & Devotional	Examen & Devotional
10:00 PM	7/8 Hours of Sleep	7/8 Hours of Sleep	7/8 Hours of Sleep	7/8 Hours of Sleep	7/8 Hours of Sleep	7/8 Hours of Sleep	7/8 Hours of Sleep

		Additional Daily ROL	**Additional Monthly ROL**	**Additional Yearly ROL**
Living w/ Jesus	Leading Beloved	Phone off from 5am-11am	Date night w/ Andrea	Yearly trip with boys.
Caring for Self	Serving Beloved	Phone off 4:30pm until kids sleep.	Monthly Staff Elder's Meetings	Yearly winter vacation (3weeks)
		No food past 6:30pm	Monthly Personal Retreat	Yearly summer vacation (1 month)
Loving my Family		Silent Reflux healing	Monthly Boy's Zoom call	Yearly staff retreat
		Be mindful of what I say yes to	Monthly Coaching and Therapy	Yearly exec staff retreat
		Daily TV downtime with Andrea	Daddy-Daughter/Son Day	4x a traveling for speaking
		Daily Connection w/ Andrea		