

Someone's Unwritten Trellis

(The nitty gritty, some great stuff, some embarrassing stuff...we won't say who ☺)

Daily

- Check my phone when I wake up
- Morning routine
 - Drink a glass of water
 - Make the bed
 - Some form of exercise (very little, just to get the body going)
 - 15 mins engaging with God in his word through (Rooted Devo, Lectio Divina, Loop method, etc.)
- Drive a slower route to somewhere each day
- Watch basketball or some sports on TV in the evening (almost daily)
- Read a chapter of ANY book
- Exercise (3-5 times a week)
- Watch Netflix or a sporting event in bed before I go to sleep (this is the worst, I know...)
- Check budget, pay bills, etc.
- Look at social media (Instagram, facebook, etc.)
- Read sports news on my BR app
- Make Dinner and eat dinner with my wife
 - Sometimes while watching Netflix...
- Drink a coke (also the worst, I know...)

Weekly:

- Sabbath
 - This is newer and harder with my wife's work, but we try and spend sometime each week enjoying rest.
 - Sometimes this means going to brunch, hanging out with friends, going for a walk, (in the summer it will usually mean going to the beach), etc.
 - The point here is that we don't work on anything (cleaning, getting stuff done around the house, NOTHING)
- Do homework for school
- Worship service at TLC
- Hang out with friends on the weekends (go out to dinner, game nights, etc.)
- Rooted Meeting
- Play my Nintendo switch (I am a child, I know...)

Monthly:

- Twice a month meet with Local group
- See a movie(s)
- Travel somewhere for something family related
- Give/tithe
- Talk on the phone with my parents or close friends
- Go thrift shopping or normal shopping