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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Inward** | | | | **Outward** | | | **Physical** | | | |  |
|  | **Read** | **Give** | **Worship** | **Commun-ity** | **Mission** | **Vocation** | **Avocation** | **Rest** | **Diet/**  **Exercise** | **Play** | **Prune** | **Review** |
| **Daily** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Weekly** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Monthly** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Quarterly** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Annually** |  |  |  |  |  |  |  |  |  |  |  |  |