



+1 DAY PLANNER

Start Date: _____ Start Time: _____ End Time: _____

SOLVE FOR 'R'	+1 DAY PRACTICE(S)	PREPARATIONS
REST + RENEWAL My needs and desires are:	☐ ☐ ☐	☐ ☐ ☐
REMEMBER + DELIGHT My needs and desires are:	☐ ☐ ☐	☐ ☐ ☐
REVERENCE + Worship of God My needs and desires are:	☐ ☐ ☐	☐ ☐ ☐
RELATIONSHIPS My needs and desires are:	☐ ☐ ☐	☐ ☐ ☐
R _____ My needs and desires are:	☐ ☐ ☐	☐ ☐ ☐

