

## **The Personal Retreat Day**

Devotional time – 2 hours  
Exercise - 1 hour  
Calendar review – past and future – 1 hour  
Sermon and speaking planning – 2 hours  
Review and grade the 12 Dials – 1 hour  
Message preparation and reading – 2 hours  
Review and planning for the church - 1 hour  
Dreams for the next five years (personal and ministry)

### **My 12 Dials**

1. Faith Life – my relationship with God
2. Marriage Life – my relationship with Tammy
3. Family Life – my kids and extended family
4. Office Life – use of time – effectiveness
5. Computer Life – reign it in
6. Ministry Life – making a difference
7. Financial Life – house in order
8. Social Life – spending time with friends
9. Attitudinal Life – checked daily
10. Author's Life – creating
11. Speaker's Life – using travel wisely
12. Physical Life – taking care of my body