Introduce it together in ten minutes.

Optional activity for church and community groups. Keep this page with the leader.

Before you begin: Have a blank worksheet and pen for each person, or share the public page so they can print it later. Keep a timer nearby. Participants keep their own sheets; do not collect, photograph or ask people to submit their answers.

0–1 minute · Welcome

Say: “This is an invitation to make a small plan, not a test. You can keep every answer private, skip any prompt, and pass on discussion.”

1–4 minutes · Notice three priorities

Give people quiet time to write one priority in Myself, My Career and My Ministry. Ministry can include purpose, passions, creative pursuits or community service. Rest or reducing a commitment can count too.

4–7 minutes · Choose one action

Invite each person to choose just one manageable action across their priorities. Add a day or trigger, a time estimate, and something to protect or postpone. They can leave any field blank.

7–9 minutes · Set a review time

Ask people to choose when they will look at their sheet again later in the week. Leave the review section blank until then. If anyone wants to speak, invite a brief comment on using the worksheet—not their answers. Passing is welcome; quiet reflection can fill this time instead.

9–10 minutes · Close gently

Say: “Take your sheet with you. At your review time, notice what happened and choose one adjustment. You do not need to report back.” Remind people where to find another blank copy.

Print, invite and share.

Leader preparation and invitation. The blank participant worksheet is page 3.

Print only page 3 for participants

Keep pages 1–2 for the leader. Print one copy of page 3 per person, single-sided, on A4 or US Letter. Choose “actual size” or “fit to page”; avoid duplex printing so leader instructions are not on the back of a participant sheet.

Permission and privacy

You may print and share this kit unchanged, free of charge. Share the public page or a blank PDF, never a completed sheet. Participants keep their answers and sheets private. Do not collect, photograph or ask anyone to submit answers. Anyone may skip a prompt, leave a field blank or pass on discussion; no reporting back is needed.

A ready-to-share invitation

Use the invitation below in a group message, email or church notice. Add your gathering’s time and place before sending.

Want a little room to plan your week? Join us for an optional ten-minute introduction to the free 365 My Life worksheet for Myself, My Career and My Ministry. Choose one manageable action and a time to review it. Keep your answers and sheet private; you can skip any prompt or pass on discussion. No signup or payment. Download a blank copy here: https://365-my-life.brainer.one/weekly-worksheet

Created for this site

This kit uses the original 365 My Life site-created worksheet and our own authored prompts. It is not the free workbook pages promised in Shimira Cole’s book, the paid complete workbook, or our separate 24-page planning pack. The permission here applies only to this free kit and worksheet. Planning prompts support your own judgment; they are not professional or pastoral advice.

365 My Life

Three pillars. One realistic week.

Notice what matters, choose one manageable action, and return to review.

Week beginning: _____ **Review day / time:** _____

01 Notice one priority in each pillar

A phrase is enough. Maintaining, resting or reducing a commitment can count.

Myself Rest, relationships, wellbeing or daily life

My Career Work, learning or professional direction

My Ministry Service, community, passions or creative pursuits

02 Choose one action across these priorities

You do not need a new task in every pillar. Choose what fits this week.

My action:

Day / time or trigger: _____ **Minutes:** _____

What I will protect, reduce or postpone to make room:

03 Review later: learn and adjust

At your review time, notice what happened rather than judge yourself.

What happened, and how did it affect the three pillars?

One adjustment for next week: _____

Original site-created worksheet. You may print and share it unchanged, free of charge.

365-my-life@brainer.one Free sample: 365-my-life.brainer.one/sample