

**Life Verse:** *"You are my beloved and on whom my favor rests."*  
(Luke 3:21-22)

**Identity Verse:**

*"The LORD is my shepherd; I shall not want.*

<sup>2</sup> *He makes me lie down in green pastures.*

*He leads me beside still waters.*

<sup>3</sup> *He restores my soul.*

*He leads me in paths of righteousness  
for his name's sake.*

<sup>4</sup> *Even though I walk through the valley of the shadow of death,*

*I will fear no evil,*

*for you are with me;*

*your rod and your staff,*

*they comfort me.*

<sup>5</sup> *You prepare a table before me*

*in the presence of my enemies;*

*you anoint my head with oil;*

*my cup overflows.*

<sup>6</sup> *Surely goodness and mercy shall follow me*

*all the days of my life,*

*and I shall dwell in the house of the LORD*

*forever." (Psalm 23)*

**Vision (My greatest desires):** To know and be known by God; to discern God's will for my life (in the small & big things) and cooperate with His Spirit; to truly take hold of my Belovedness in Christ and live in freedom to extend His freeing, healing, transformative love and grace to those around me.

~ *"There is no deep knowing of God without a deep knowing of self and no deep knowing of self without a deep knowing of God" (John Calvin)*

~ *"Grant, Lord, that I may know myself that I may know thee" (St. Augustine)*

**Mission (Who I long to be):** I yearn to be fully authentic (my true self) before God, myself, and others; Extend grace and love to myself & others in a way that allows us to experience our own Belovedness. I want to be part of God's Mission to the world (myself less; God greater) and walk alongside of others fully present (Jesus' hands and feet; incarnation) to God's Spirit. I want to create space for individuals to hear God's voice in their own unique ways of engaging with God.

**Daily:**

- Wake Up - experience Christ's Presence with me and my Belovedness (Jesus looks at me; I can see my Belovedness in His eyes- Mark 9:14-28)
- Solitude with God, read Scripture, listen, pray
- Work – 8 hours (Emails, Meetings, Student Mentees, etc., SLA Program)
- Physical Self-Care: Eat colorfully; drink lots of water; sleep well

**Weekly:**

- Time outside (Walk)
  - Examen- Journal in morning or evening (1/day): “Where did I see God working today?” “When did I most experience His love for me?” “What was life-giving for me; what was not?”
- Date with Dave
- Phone call/meet with Soul Friend
- Work-Related
  - RD Meeting/HRL Meeting
  - Meet with one RD Staff (encourage)
  - Administrative (Emails, Meetings, Student Mentees, etc., SLA Program)
- Renovare- Read Books for Class
- Physical Self-Care: Eat colorfully; drink lots of water; sleep well

**Bimonthly (every two weeks):**

- Work-Related:
  - Meet with Towers Staff Group
  - Meet with Purple Cows
  - Meet with Student Mentees
    - Grace
    - Nadine
    - Sunny
    - Josephine
    - Michael B.
  - Meet with Kerri Heath (1-on-1)
- Talk with Family (Umma, Appa, Unnie)
- Encouraging a friend/former student through email/phone call
  - Tiff
  - Jojo
  - Wend
  - Hannah Kwon
  - Connie Yoon
  - WOWPAP girls: Esther, Grace, Caroline, Angie...
- Physical Self-Care: Eat colorfully; drink lots of water; sleep well
- Renovare Homework – Blackboard Check in

**Monthly:**

- Half-Day Retreat
- Be creative!! Re-learn piano, paint, read fun book, explore nature
- “Missions-Minded Phone Call” with Tiff & Dave  
Hamburger
  - Pray together about missions- Japan (Suhs) & Morocco (Hamburgers)
- Work-Related:
  - Meet with Soul Care Group
  - LEAD Trainings (SLAs)
  - Towers Walkthroughs
  - Meet with Seth (1-on-1)
  - Meet with Myah (1-on-1)
  - Meet with Julie (1-on-1)
  - Touch base with Rose/Ralph (SLA-like)
- Physical Self-Care: Eat colorfully; drink lots of water; sleep well

**Semesterly:**

- Retreat (be alone with God); La Casa de Maria or Serra Retreat Center
- Spiritual Direction with Sue
- Physical Self-Care: Eat colorfully; drink lots of water; sleep well

**Annually:**

- Revise Rule of Life
- Retreat (1-2 days?)
- Celebrate Anniversary with Dave
  - Check-In: How have we grown individually & together as a couple in our understanding of God, in our care for those around us, in our calling to

live missionally, in our vocations? Affirm, support, listen, care, challenge, keep accountable, pray together for the upcoming year; keep a surrendered heart for one another towards God

- Visit Dave’s family
- Work-Related: Meet professional goals
  - Implement SLA training throughout the year (August, January, and monthly LEADs)
    - Integrate “Rule of Life” & Soul Care (spiritual disciplines) into SLA Portfolio
    - Create long-lasting, integrated partnerships for the SLA program with Chaplain/Assoc. Chaplain/Campus Ministers/Center for Faith & Learning)
  - Create and solidify curriculum for SLA Class (with input from Chaplain’s Office & CFL)
  - Serve on Retreat leadership committee for first-ever “Unplugged” retreat (all spiritual leaders on campus invited)
  - Serve on the Service & Social Action Grant Committee for 2<sup>nd</sup> term
  - Find leadership amongst Towers residents who have a heart for ministry and are interested in creating spiritual life initiatives within Towers community (SLA-like small groups, etc.)
  - Lead a club convo for Towers female residents
  - Project LEAD: Faith & Calling Trip
  - Work on creating a “Soul Care” Library in Payson Library with Chaplain’s Office
  - Work with Chaplain’s Office & Center for F & L to facilitate Semesterly Staff Day-Retreats “Soul Sabbath” for student affairs professionals