The Architecture of Time

A rhythm of intentionality to guide thought and action across the year

Introduction

Instructions:
To get started, you need to identify seven words that represent your deepest values. You can use our community values or customize your own. We'll customize reminders around what you submit.

Your core values are the qualities and characteristics that you most want to cultivate in your life and in the world around you. By identifying these and putting them in order, you can create a rhythm of reflection throughout the year that brings you into deeper relationship with what they mean and what they look like when lived out.

The form below is pre-filled with the seven core values at Rising Tide Capital. They are designed to progress and build on one another. You can start by using these, or you can customize the list below by entering your own words.

Enter Your Core Values Below

Core Value #1

Core Value #2

Core Value #3

Core Value #4

Core Value #5

Core Value #6

Core Value #7

When you are finished:

- o Save this document for your files and print Page 2 for a helpful guide that shows each value you choose above and its order in the cycles of the year.
- o Refer to Page 3 for a schedule of specific dates for the coming year and enter them into your calendar for easy reference.

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Use this annual calendar as a creative way to cultivate and engage with your deepest values and to develop a practice of rest, reflection, and blessing.
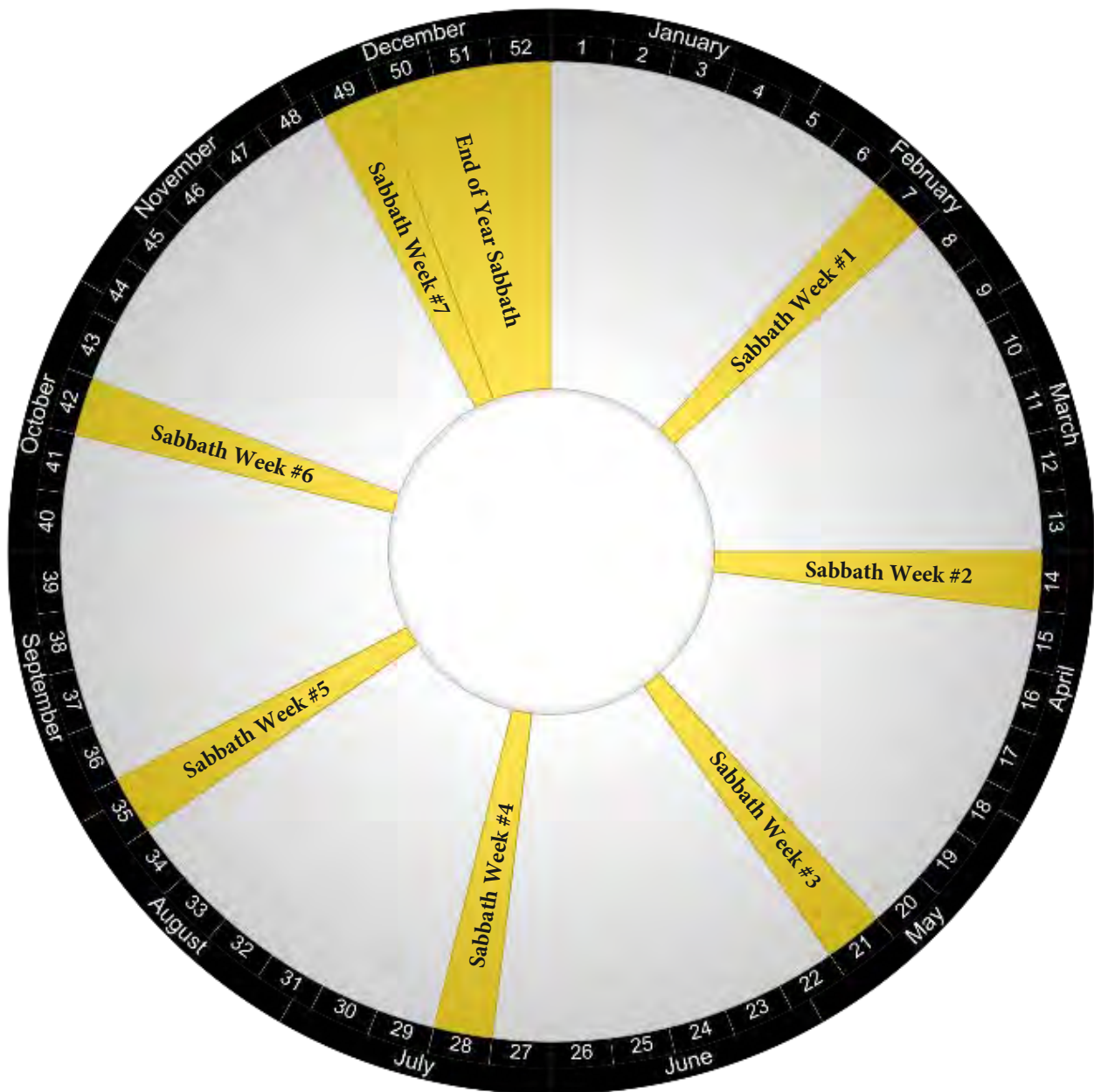
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Below, you can see a list of dates for the seven cycles of the year and the 2020 Sabbath weeks. Consider adding these to your calendar, or scheduling a personal day at the beginning or end of a cycle to lean into the full rhythm of creativity and rest.

2020 Cycles (*7 weeks each*)		2020 Sabbath Weeks
Cycle 1:	01/01/2020 - 02/16/2020	Feb 10th - Feb 16th
Cycle 2:	02/17/2020 - 04/05/2020	Mar 30th - Apr 5th
Cycle 3:	04/06/2020 - 05/24/2020	May 18th - May 24th
Cycle 4:	05/25/2020 - 07/12/2020	Jul 6th - Jul 12th
Cycle 5:	07/13/2020 - 08/30/2020	Aug 24th - Aug 30th
Cycle 6:	08/31/2020 - 10/18/2020	Oct 12th - Oct 18th
Cycle 7:	10/19/2020 - 12/06/2020	Nov 30th - Dec 6th