Technology Rule of Life

A rule of life organizes the practices and priorities that guide our everyday living. If you haven't encountered the idea of a rule of life (or even if you have), start by checking out this video from the Society of St. John the Evangelist's Growing a Rule of Life program. To see some sample rules of life, check out the myRULE section of the online companion to Stephen Macchia's *Crafting a Rule of Life.*

A technology rule of life, as we envision it, is a sort of subset of your rule of life that helps you focus on the ways that all kinds of technology and media shape your prayer life, your ministry, etc. As with a more general rule of life, your process of creating a technology rule of life should include a period of self-reflection and ample consideration of ways you can be in relationship with accountability partners like spiritual directors and RCL 524 classmates! :)

It may be helpful to organize your rule by frequency of certain practices (daily, weekly, monthly, etc.), by type of relationship (God, self, others), or by area of life (home, work, school). Try for a variety of ways to formulate your rule; if you're not careful, it's easy for it to turn into just a list of "Thou shalt not"s. Here are a few possible component parts to get you thinking:

- "Daily: I will do my best to get to Inbox Zero before leaving my desk each day"
- "I will only lie in bed with my smartphone on Saturday mornings (like reading the paper in bed)"
- "Each week, I will reach out to someone I miss with a quick 'thinking of you' message or check-in on email or social media"

Remember, your rule needs to be realistic, or else you won't be able to benefit from it. It should also represent a life you would actually want to live. That's why SSJE called one of their early rule of life teaching resources A Framework for Freedom.

It's your life and your rule, so we don't want to put too many constraints on your work or create grading anxiety. All we ask is that you limit yourself to one letter-sized sheet of "paper"—or check with us first about "non-document" multimedia rules. We'll grade your rule as follows:

Completion *25 points*	Relevance *1-5 points*	Integration *1-5 points*	Efficacy *1-5 points*
You will get these points as long as you complete the assignment.	Rule shows understanding of the role of technology in your life and utilizes appropriate tools and best practices.	Rule encompasses the various facets of your life and seems to be ushering you toward wholeness.	Rule appears to be realistic and to be organized in a way that will help you keep it.