



# WAY OF LIFE WORKBOOK



CENTER FOR  
**Transforming  
Engagement**  
AT THE SEATTLE SCHOOL



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If you have questions or have feedback on this workbook, we'd love to hear from you!

Email [transforming@theseattleschool.edu](mailto:transforming@theseattleschool.edu) with the subject line, "Way of Life Workbook".

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# Introduction to the Way of Life

## *Welcome to Way of Life!*

Thank you for including us in your journey to discover and improve your daily practices. This workbook is the companion to the video series: each of the lessons in the Way of Life course has accompanying worksheets in this book. Instructions for completing the exercises are included in the videos of each lesson.

A Way of Life is another term for a Rule of Life, a commitment to live in particular ways, crafted with prayer and discernment as a way to become the person God created you to be. Rules of Life were first developed by the Desert Fathers, mystics who lived in spiritual community in the deserts of Egypt. Perhaps the most famous is St. Benedict's Rule, a standard to help his community live their faith in shared daily rhythms. They are not goals or resolutions to achieve tasks, but practices to become a whole human person.

The word rule comes from the Latin *regula*, meaning “regular.” The rule is meant to be the regular life rhythms, with the recognition that there will be irregularities. But language evolves and meanings drift. To many modern ears, “rule” can sound legalistic — a setup for failure. So instead, we use Way of Life, to reclaim the original intent of the practice: intentionally discerning regular ways of daily living.

The goal is not to live it perfectly, but to live it faithfully. That said, it should be liveable; don't laden yourself with ideals that will not be possible to attain. Incorporate one or two new practices; you can modify your Way of Life later, perhaps even as an annual rhythm.

Blessings on this journey!



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Throughout this workout you will find symbols marking places for reflection and journal prompts.



Indicates a question for reflection.



Indicates a journal prompt.