

The 168 Principle

Understanding Your Spiritual Growth Focus

SLEEP ~ 56hr

For most people this is 56 hours or so....some get more....some get less..



ACTION ~ 108hr

This is where you spend the vast majority of your conscious life. Now where is your focus?

BUILDING ~ 2 – 4hr

Tradition has taught most people that this is where they get fed, find spiritual fulfillment or where they should focus their efforts.

