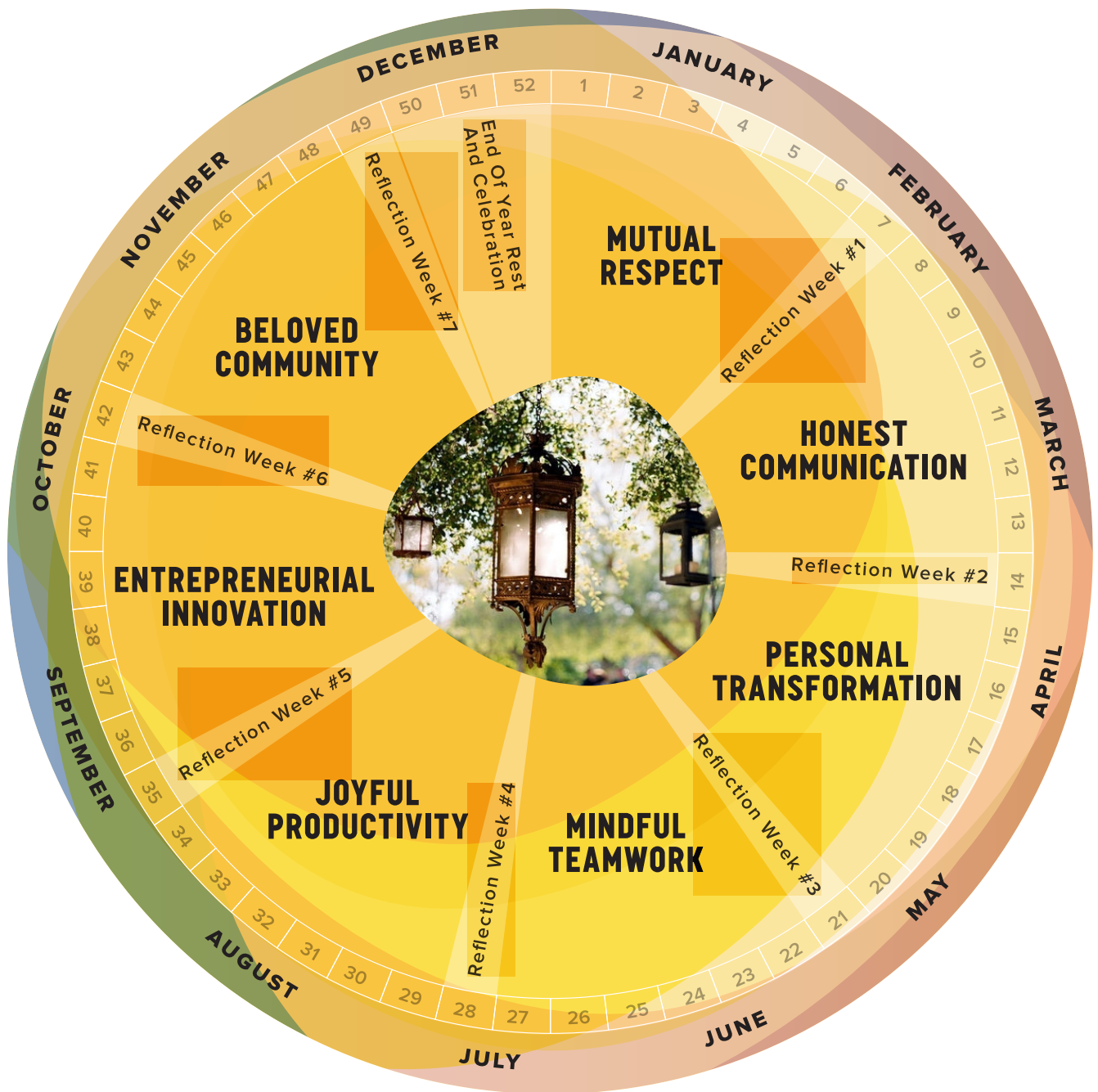




RISING TIDE
CAPITAL

ANNUAL CALENDAR

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



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Below, you can see a list of dates for the seven cycles of the year and the 2025 Reflection 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 reflection rhythm.

	2025 CYCLES*	2025 REFLECTION WEEKS
CYCLE 1	01/05 - 02/23	Feb 17th - Feb 23rd
CYCLE 2	02/24 - 04/13	Apr 7th - Apr 13th
CYCLE 3	04/14 - 06/01	May 26th - Jun 1st
CYCLE 4	05/30 - 07/17	Jul 11th - Jul 17th
CYCLE 5	07/21 - 09/07	Sep 1st - Sept 9th
CYCLE 6	09/08 - 10/26	Oct 20th - Oct 26th
CYCLE 7	10/27 - 12/14	Dec 8th - Dec 14th

* 7 weeks each

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HOW TO MAKE YOUR OWN ANNUAL CALENDAR

You can enter your own values into the boxes in the form below and it will automatically produce your own annual calendar on the following page that you can save or print--to use personally, with your family, or with others.

Instructions:

To get started, you need to identify seven words that represent your deepest values. 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.

Give it a try!

Enter Your Core Values Below

PURPOSE	<input type="text"/>
CORE VALUE #1	<input type="text"/>
CORE VALUE #2	<input type="text"/>
CORE VALUE #3	<input type="text"/>
CORE VALUE #4	<input type="text"/>
CORE VALUE #5	<input type="text"/>
CORE VALUE #6	<input type="text"/>
CORE VALUE #7	<input type="text"/>

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Use this annual calendar as a creative way to cultivate and engage with your deepest values and to develop a Sabbath practice of rest, reflection, and blessing.

