

Life Planning



Brainstorming

Take 5-10 minutes to brainstorm some words, phrases, bible verses and quotes that describe how you want to live out your Catholic faith.

Stewardship Statement

Describe what God has asked you to be responsible for related to your faith (i.e. get you, your husband and your children to Heaven. Be a good example of the Catholic faith out in the world etc.).

Mission Statement

At the end of your life, how do you want Jesus to describe your faith? Write your mission statement in the present tense (i.e. My Catholic faith is my top priority as I strive for sainthood. I participate in the sacraments as often as I can. I share my deep faith with my husband, my children and all those I meet in the world.)



MARRIAGE

Life Planning



Brainstorming

Take 5-10 minutes to brainstorm some words, phrases, bible verses and quotes that describe the type of marriage you want to have.

Stewardship Statement

Describe what God has asked you to be responsible for related to your marriage (i.e. get your spouse to Heaven and be a good example of marriage to your children and to the world,).



Mission Statement

At the end of your life, how do you want Jesus to describe your marriage? Write your mission statement in the present tense (i.e. My husband and I are striving for sainthood together. We support each other and push each other to grow. We enjoy spending time together. We spend one weekend away together every year.

Life Planning



Brainstorming

Take 5-10 minutes to brainstorm some words, phrases, bible verses and quotes that describe the type of mother you want to be for your biological children and/or your spiritual children.

Stewardship Statement

Describe what God has asked you to be responsible for related to your vocation of motherhood (i.e. teach your children about the faith and lead them to Heaven, show your children and the world a good example of motherhood.

Mission Statement

At the end of your life, how do you want Jesus to describe you as a mother? Write your mission statement in the present tense (i.e. I pray for my children every day. I show my children how to be faithful by living out my own faith. I pay attention to the unique talents and needs of each of my children and I help them strive for sainthood.

REST

Life Planning



Brainstorming

Take 5-10 minutes to brainstorm some words, phrases, bible verses and quotes that describe the importance of rest and how you genuinely find rest that recharges your mind, body and soul.

Stewardship Statement

Describe what God has asked you to be responsible for related to resting (i.e. taking care of your body, keeping holy the Sabbath, not being attached to the world so as to cause you fear and anxiety etc.

Mission Statement

At the end of your life, how do you want Jesus to describe your commitment to rest? Write your mission statement in the present tense (i.e. I take time to recharge my body so I can do God's work in the world. I keep holy the Sabbath and spend time with the Lord and my family as we give thanks for the life he's given us.

Life Planning



Brainstorming

Take 5-10 minutes to brainstorm some words, phrases, bible verses and quotes that describe the type of healthy lifestyle you want to lead.

Stewardship Statement

Describe what God has asked you to be responsible for related to taking care of your health (i.e. being committed to caring for the temple God gave you by actively taking charge of your health so you can do God's work.

Mission Statement

At the end of your life, how do you want Jesus to describe your commitment to health? Write your mission statement in the present tense (i.e. I eat healthy foods and live an actively lifestyle so I can do my best to serve the Lord. I schedule enough time to sleep, rest and pray so I can live a non-stressful life.

Life Planning



Brainstorming

Take 5-10 minutes to brainstorm some words, phrases, bible verses and quotes that describe the kind of financial manager God is asking you to be.

Stewardship Statement

Describe what God has asked you to be responsible for taking care of the money he has entrusted you with (i.e. I am responsible for my finances and for being a good steward of the money and resources God has given me.

Mission Statement

At the end of your life, how do you want Jesus to describe your management of finances? Write your mission statement in the present tense (i.e. I am a good steward of my money. I have a budget and we stick to it. I live simply so I can be charitable to the church and the poor. I work hard so I can help build the kingdom of God.

Life Planning



Brainstorming

Take 5-10 minutes to brainstorm some words, phrases, bible verses and quotes that describe the kind of homemaker God is asking you to be.

Stewardship Statement

Describe what God has asked you to be responsible for related to keeping your home (i.e. I am responsible for creating a home environment that helps my family experience God's love and helps them strive for sainthood.

Mission Statement

At the end of your life, how do you want Jesus to describe your management of your home? Write your mission statement in the present tense (i.e. I work hard to create an atmosphere of peace in my home so my family and those who visit us can feel God's presence and his love. I anticipate what needs to be done and I am content in the work I have to do.

Annual Planning



► What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you draw closer to God? Where did you help others grow in their faith?

► What's Not Working

Where are you struggling in your faith? What feels hopeless? When did you feel far from the Lord? What got in the way of you growing spiritually last year?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Narrow down your ideas and pick the ones you're actually going to tackle this year. Be realistic. I recommend picking 1-2 habits to install (i.e. daily bible reading, weekly adoration, monthly confession etc.) and no more than five tasks to accomplish (attend a Catholic conference, visit closest Catholic shrine, purchase a journaling bible.)

New Habits I Will Install This Year

Habit:

Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:



Annual Planning



What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you draw grow closer to your husband? Did you help others grow in their marriages? What part of your marriage makes you smile?



What's Not Working

Where are you struggling in your marriage? What feels hopeless? When did you feel disconnected from your husband? What got in the way of having a healthy and growing marriage last year?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. weekly date night, praying together before bed, weekly review etc.) and no more than five tasks to accomplish (plan a weekend away, try a marriage counselor, make a list of 25 things you can do that makes your spouse happy etc.)

New Habits I Will Install This Year

Habit:

Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning



▶ What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you draw grow in your vocation of motherhood? Did you help others grow as mothers? What parts of motherhood make you smile?

▶ What's Not Working

Where are you struggling in your vocation of motherhood? What feels hopeless? When did you feel disconnected from your children? What got in the way of being a calm, Catholic-centered parent?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. memorize scripture with your kids, start evening prayers as a family, read a parenting book every two months etc.) and no more than five tasks to accomplish (write a letter to your kids, schedule a date with your kids, create a post a discipline chart, etc.)

New Habits I Will Install This Year

Habit:

Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning

► What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What helped you really rest your body, your mind and your soul? Did you help others find true rest? What are your favorite ways to rest?

► What's Not Working

How are you struggling to rest? What feels hopeless about finding rest? What makes you feel burnt out? What or who keeps getting in the way of your finding true, deep rest?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

REST

Annual Planning



Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. protecting time for daily rest, instituting a digital sunset, going to bed at an earlier time etc.) and no more than five tasks to accomplish (buy some bubble bath, find a knitting pattern, find a friend who likes to relax in the same what you do etc.)

New Habits I Will Install This Year

Habit:

Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning



► What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What aspects of your health improved? Did you help others to get healthier? What were your favorite ways to get healthier?

► What's Not Working

How are you struggling to be healthy? What feels hopeless about your health? What foods and activities make your body feel bad? What or who keeps getting in the way of you becoming healthier?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. eat better foods, drink more water, daily exercise/stretching, annual doctor check-up etc.) and no more than five tasks to accomplish (i.e. buy a kettlebell, read a health book, schedule a doctor appointment etc.)

New Habits I Will Install This Year

Habit:

Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning

► What's Working

Where are you crushing it? What are you really proud of? What rocked last year? Where did you save money by not buying things or by making smart purchasing choices? How did you or your spouse bring money into the family?

► What's Not Working

How are you struggling to manage your finances? Where do you keep spending money that you shouldn't be? What feels hopeless about your finances? What is out of control about your finances?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning

Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. review budget weekly, make your lunch at home, put money in savings monthly, look for coupons weekly etc.) and no more than five tasks to accomplish (i.e. learn how to make coffee at home, make a budget, sell something you don't use etc.)

New Habits I Will Install This Year

Habit:

Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Planning

► What's Working

Where are you crushing it? What are you really proud of? What rocked last year? What aspects of creating a peaceful, God-centered and well-ordered home environment are working? What is your favorite part of your home?

► What's Not Working

How are you struggling to manage your home? Where does it feel disorganized? When does your home lack peace? Which rooms in your home increase your anxiety?

Brainstorming

Take 5-10 minutes to brainstorm all the new habits you could install this coming year and all the tasks you might want to accomplish. No judgement here, just make a big list of all the things you can think of! Don't worry, you won't be tackling them all in the coming year!

Annual Planning



Now you're going to narrow down your ideas and pick the ones you're actually going to tackle in the coming year. Be realistic about what you can accomplish. I recommend picking 1-2 habits to install (i.e. commit to a weekly chore routine, do housework as a family on Saturday mornings, do deep cleaning once per month etc.) and no more than five tasks to accomplish (i.e. read a book about housekeeping, buy a laundry organizer, etc.)

New Habits I Will Install This Year

Habit:

Frequency:

Habit:

Frequency:

Tasks I Will Accomplish

Make sure these tasks are Specific, Measurable, Attainable, Realistic and Time-Bound

TASK

COMPLETION DATE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Obstacles you may face while trying to grow in your faith:

Ways to overcome those obstacles:

Annual Habit Schedule

Look at the habits you listed in each sector for Annual Planning and assign them to a month. You can use sticky notes and move them around until you think you have a reasonable order. For example, I don't plan extra homemaking skills in December when I'm busy with the holidays, I try to pick something spiritual for Lent, etc.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

MONTHLY PLAN

Look back at the habits and tasks you laid out in your Annual Plan, which ones need to be accomplished this month? Make sure to include completion date. Add in important dates like birthdays, anniversaries, feast days you want to celebrate and Holy days of obligation.

MONTH:

Habit I'm Focusing On:

Frequency:

Obstacles I May Face:

Ways to Overcome Those Obstacles:

Important Dates (Anniversaries, Birthdays, Feast Days, Holy Days of Obligation etc.):

Tasks I Will Accomplish

TASK

COMPLETION DATE

Books I Will Be Reading:

WEEKLY PLAN

Review the habits and tasks you laid out in your Monthly Plan and write down the ones that need to be accomplished this week. At week's end, come back to this worksheet and do a weekly review before making next week's plan.

WEEK OF:

Habit I'm Focusing On:

Frequency:

Important Dates (Anniversaries, Birthdays, Feast Days, Holy Days of Obligation etc.):

Memory Verse:

TASK

COMPLETION DATE

Weekly Review

▶ What's Working?

▶ What's Not Working?

Rollover any uncompleted tasks that you still want to complete to next week's plan.

Your STOP Doing List

What are some activities you should STOP doing as often or altogether? Some examples include drinking alcohol, going to clothing sales, watching too much TV, watching blue screens right before bed, eating unhealthy food, reading magazines or romance novels, being mean to your husband etc.

▶ List Activities You Should STOP Doing

SIGNS YOU'RE OUT OF TUNE

What are some of the way you know you're out of tune with God? Maybe you're short with your kids, you feel prolonged sadness, you're getting caught up in envy, or you're focusing on worldly things, When does God feel far from you?

▶ List Some Signs You're Out of Tune with God
