

Review of Life

This is an honest assessment of where you are right now.

1. Often our actions reflect our priorities. Take a moment and think of all you do on an average day calculate how much time you are spending on each activity. What does your average day really look like?
2. What am I doing to make my spiritual life and relationship with God a priority? What does that really look like in practice each day?

Things to increase or make a greater priority

- Daily prayer Quality time with family or loved ones Health Spiritual
Reading Helping the poor Church ministries

Things you may need to decrease

- TV/movies Social media Bringing your work home Time away from
family or loved ones Unnecessary spending

Making a Change

What are some changes that you want to make?

If things are not a priority, they will rarely happen with consistency and intentionality. Remember, if you give one thing more time, something else will be given less time. What are you willing to reduce in order to increase some other priority?

Additional Resources

Apps for your smart phone (for more choices check out www.catholicApps.com)

Jesuit Prayer App

Reimagining the Exam

Sacred Silence App

App The Holy Rosary

Laudate App

iRosary

Please sign up for FORMED you have unlimited access to the best eBooks, talks, and videos in the Church today. Formed.org and enter Parish Code 3BZ2W8