

How Close Do I Feel To God RIGHT NOW?

FAR	0	1	2	3	4	5	6	7	8	9	10	NEAR
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How stressed am I RIGHT NOW?

Not Stressed	0	1	2	3	4	5	6	7	8	9	10	Very Stressed
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How anxious am I RIGHT NOW?

Not Anxious	0	1	2	3	4	5	6	7	8	9	10	Very Anxious
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What is "MY" biggest source of stress and/or anxiety RIGHT NOW?

My Thoughts	My Fears	My Anxiety	My Lack of Faith	My Lack of Love	My Actions
My Words	My Perceived Mistakes	My Self-Created Situation	My Chosen Job / Career	My Procrastination	My Lack of Tolerance
My Self-Created Project	My Lack of Tolerance				

Today I...

Am Most Grateful For:

Will Pray For:

Will Not:

Notes About Today...

Have any of these sins weighed down my faith journey?

<input type="checkbox"/> I am the Lord your God: you shall not have strange Gods before me.	Have I treated people, events, or things as more important than God?	<input type="checkbox"/> You shall not take the name of the Lord your God in vain.	Have my words, actively or passively, put down God, the Church, or people?
<input type="checkbox"/> Remember to keep holy the Lord's Day.	Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?	<input type="checkbox"/> Honor your father and your mother.	Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?
<input type="checkbox"/> You shall not kill.	Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?	<input type="checkbox"/> You shall not commit adultery.	Have I respected the physical and sexual dignity of others and of myself?
<input type="checkbox"/> You shall not steal.	Have I taken or wasted time or resources that belonged to another?	<input type="checkbox"/> You shall not bear false witness against your neighbor.	Have I gossiped, told lies, or embellished stories at the expense of another?
<input type="checkbox"/> You shall not covet your neighbor's spouse.	Have I honored my spouse with my full affection and exclusive love?	<input type="checkbox"/> You shall not covet your neighbor's goods.	Am I content with my own means and needs, or do I compare myself to others unnecessarily?

"Learn"

<p>Prayer to St. Michael St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.</p>	<p>Prayer to St. Michael St. Michael the _____, defend us in _____. Be our _____ against the wickedness and _____ of the Devil. May God _____ him, we _____ pray, and do thou, O Prince of the heavenly _____, by the _____ of God, thrust into hell _____, and all the evil _____, who _____ about the world _____ the ruin of _____. Amen.</p>
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What am I going to do today to practice the Virtues Of – Faith, Hope, Love, Prudence, Justice, Temperance, and Fortitude

Pray	Go For A Walk	Talk To Someone	Give Someone A Gift	Complement Someone	Go To Bed Early
Don't Know	Less Talk More Listen	Give Credit To Others			