

prayer

pray for
a sibling
or family
member

prayer

pray a
decade of
the rosary

prayer

write a
letter of
thanks to
someone
you love

prayer

pray the
Divine
Mercy
Chaplet

prayer

pray for
someone
you dislike

prayer

sing all the
songs at
Mass

prayer

read a
book
about your
favorite
saint

prayer

listen to
christian
radio/cd
all day

prayer

spend 5
minutes in
quiet
prayer

prayer

pray 5
Hail Mary's

prayer

pray the
Guardian
Angel
prayer

prayer

draw a
photo/write
a note to
your parish
priest

prayer

eat a meal,
or part
of a meal,
in silence

prayer

read a
Bible story

prayer

pray for
those who
have no
one to pray
for them

prayer

attend
Stations of
the Cross

prayer

pray 5-10
minutes
in front of
the Blessed
Sacrament

prayer

attend
Daily Mass

fasting

fast from
all screen
time

(tv, computer,
video games,
readers, iPhone, etc.)

fasting

fast from
saying
anything
negative

fasting

fast from
tattling

fasting

fast from
snacks

fasting

sleep
without
your pillow
or lovey

fasting

fast from
sweets

fasting

fast from
eating out

fasting

fast from
buying
anything
on Sunday

fasting

fast from
yelling

fasting

fast from
your
favorite toy

fasting

fast from
buying
anything
today

fasting

fast from
dessert

fasting

fast from
texting

fasting

fast from
juice

fasting

fast from
driving

fasting

fast from
gossiping

fasting

fast from
showering

fasting

fast from
electricity

alms
giving

plant a
flower or
herb

alms
giving

open the
door for
someone

alms
giving

let someone
go ahead
of you
in line

alms
giving

send a nice
email to a
friend

alms
giving

buy the
homeless a
meal

alms
giving

volunteer
with a local
charity

alms
giving

call a
relative

alms
giving

unload the
dishwasher

alms
giving

do something
anonymously
for a friend
or neighbor

alms
giving

give away
a toy or
book

alms
giving

do a chore
without
being
asked

alms
giving

take an
unexpected
treat to a
friend

alms
giving

donate
food to
a local
charity

alms
giving

smile at
three
people you
meet

alms
giving

give
someone a
compliment

alms
giving

donate
money to
a cause
you love

alms
giving

give away
a homeless
survival bag

alms
giving

joyfully
help with a
project or
chore

prayer

prayer

prayer

prayer

prayer

prayer

prayer

prayer

prayer

fasting

fasting

fasting

fasting

fasting

fasting

fasting

fasting

fasting

alms
giving

alms
giving

alms
giving

alms
giving

alms
giving

alms
giving

alms
giving

alms
giving

alms
giving