

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