

LENTEN RESOLUTIONS

Pick one from each of the 3 categories



FASTING:

From bad things:

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|--|--|
| <input type="checkbox"/> Getting angry at my brother or sister | <input type="checkbox"/> Remembering to make my bed every day |
| <input type="checkbox"/> Not doing my homework on-time | <input type="checkbox"/> Judging people |
| <input type="checkbox"/> Forgetting to do my chores | <input type="checkbox"/> Staying up too late |
| <input type="checkbox"/> Complaining about fairness | <input type="checkbox"/> Being picky about my food |
| <input type="checkbox"/> Calling names | <input type="checkbox"/> Getting up late in the morning |
| <input type="checkbox"/> Lying | <input type="checkbox"/> Not brushing my teeth |
| <input type="checkbox"/> Swearing | <input type="checkbox"/> Leaving my dirty clothes on the floor |
| <input type="checkbox"/> Wasting time playing video games | <input type="checkbox"/> _____ |

From good things:

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Snacking | <input type="checkbox"/> Ice cream |
| <input type="checkbox"/> Television | <input type="checkbox"/> My pillow |
| <input type="checkbox"/> Soda | <input type="checkbox"/> YouTube videos |
| <input type="checkbox"/> Chocolate | <input type="checkbox"/> Playing on-line video games |
| <input type="checkbox"/> Junk food | <input type="checkbox"/> Salting my food |
| <input type="checkbox"/> Gum | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fast food | <input type="checkbox"/> _____ |

PRAYER:

- | | |
|--|---|
| <input type="checkbox"/> Praying before every meal | <input type="checkbox"/> Reading the Gospel before Mass on Sundays |
| <input type="checkbox"/> Avoid listening to music in the car. Pray instead | <input type="checkbox"/> Praying the Rosary (<i>even just a decade</i>) |
| <input type="checkbox"/> Wear a crucifix | <input type="checkbox"/> Sharing a prayer of thanks at dinner with the family |
| <input type="checkbox"/> Spend time reading the Bible | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pray to a Saint | |

ALMSGIVING: (donating money or goods to the poor and performing other acts of charity)

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|--|---|
| <input type="checkbox"/> Donate the money I would have spent on whatever food I decided to fast from | <input type="checkbox"/> Visit a nursing home |
| <input type="checkbox"/> Send a card to my grandparents | <input type="checkbox"/> High 5 someone everyday |
| <input type="checkbox"/> Sit by someone new on the school bus or at lunch | <input type="checkbox"/> Tell someone about Jesus |
| <input type="checkbox"/> Give someone a compliment every day | <input type="checkbox"/> Play a board game with a brother or sister |
| <input type="checkbox"/> Find all my loose change and contribute it to Operation Rice Bowl | <input type="checkbox"/> Donate food to the local food shelf |
| <input type="checkbox"/> Leave a note of thanks to your mom on her pillow | <input type="checkbox"/> Leave a post-it note with kind words on someone's locker |
| | <input type="checkbox"/> Offer to do a chore that is not mine |
| | <input type="checkbox"/> _____ |

