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CATHOLIC LIFE PLANNER

“ *In all our thoughts and actions we ought to remember the presence of God, and to count as lost any time in which we don't think of Him.*

BERNARD OF CLAIRVAUX

”

THURSDAY	FRIDAY	SATURDAY
 	 	 
 	 	 
 	 	 
 	 	 
 	 	 


KEY

† Holy day of obligation

FA
1 hour
or
36 hours Fasting (w/ suggested times)

CA
or
PA Complete or partial abstinence

FA
or
PE Fasting or penance

 Rosary Tracker

MONTH REVIEW / PLAN

MONTH 1

AFTER ACTION REVIEW

RATING
(1-10)

Feast Plan

Prayer Plan

Goal Plan

BLESSINGS

In what ways did God bless your life and work in the past month?

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SHORTCOMINGS

Describe patterns of sin and shortcoming this past month.

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LESSONS LEARNED

List important lessons learned.

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DISCERNMENT

What is God calling you to next month?

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MONTH CHECKLIST

- Complete your After Action Review for the previous month
- Describe Blessings and Shortcomings, Lessons Learned, and Discernment
- Make your Feast Plan
- Make a Prayer Plan
- Create your Goal Plan
- Add dates and feasts to Monthly Calendar
- Add events and appointments to Monthly Calendar
- Set up you monthly Virtue Tracker (optional)

FEAST PLAN

Using the Liturgical Guide and resources, plan any feast day devotions.

1: _____ DATE _____

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2: _____ DATE _____

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3: _____ DATE _____

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PRAYER PLAN

Morning

Afternoon

Evening

GOAL PLAN

Plan progress on your Seasonal Goals.

1: _____ **2:** _____ **3:** _____

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4: _____ **5:** _____

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WEEKLY EXAMINATION / OVERVIEW

STEWARDSHIP

Were you a good steward of God's gifts?

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GOD'S WILL

Did you do God's will or your own?

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PRAYER

Did you say your prayers with care?

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GRATITUDE

Were you grateful to God for His gifts?

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DUTIES

Did you do your duties in work, family life, community life, and to God?

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Set an intention for Sunday Mass...

Weeks remaining: 4 3 2 1 0

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VOCATION

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DATE: ____ / ____ / ____ FEAST / EVENT: _____

GRATITUDE

What are you grateful to God for?

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APPOINTMENTS

Prime

6

7

8

Terce

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10

11

Sext

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DEVOTIONS

What devotions will you perform?

FA/FE:

CA/PA:

1

2

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DAILY CROSS

What challenge can you "offer up" to God?

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TO DO LIST

What will you do in your vocation?

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TASK

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Matins (midnight) / Lauds (3 am)

✓ = Completed ○ = Delegated → = Shifted to tomorrow × = Canceled

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EXAMEN

Was your heart with God today? Why or why not?

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RESOLUTION

What is a practical step you can take to improve tomorrow?

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NOTES

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DATE: ____ / ____ / ____ FEAST / EVENT: _____

GRATITUDE *What are you grateful to God for?*

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DEVOTIONS *What devotions will you perform?*

FA/FE: CA/PA:

1
2
3

DAILY CROSS *What challenge can you "offer up" to God?*

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TO DO LIST *What will you do in your vocation?*

ABC **TASK** ✓ →
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✓ = Completed ○ = Delegated → = Shifted to tomorrow × = Canceled

APPOINTMENTS

..... Prime
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7
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8 Terce
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9
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10
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11 Sext
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12
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1
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2 None
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3
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4
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5 Vespers
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6
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7
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8 Compline
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9
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10
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11 Matins (midnight) / Lauds (3 am)

MEDITATION JOURNAL

REFLECTION

Spend at least ten minutes meditating on a holy subject and reflect below.

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RESOLUTION

Make a spiritual resolution based on your meditation that you will keep.

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EVENING EXAMEN

BLESSINGS

In what ways did God bless your life today?

1

2

3

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“ *Follow the saints, because those who
follow them will become saints.*

CLEMENT I

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Designed in Brighton, Michigan. Printed & bound in China.