**SPIRITUAL RULE OF LIFE CHECKLIST**

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| **PRAY** |
|  | **Mental Prayer** | Daily: |
|  | **Examination** of Conscience | Nightly: |
|  | **Rosary**/Devotion to Mary & Saints | Daily: |
|  | **Penance** (fasting/self-denial) | Daily: |
|  | **Retreat** | Annually: |
|  | **Pilgrimage** | Annually: |
| **CELEBRATE** |
|  | **Eucharist–Sunday** Mass | Weekly: |
|  | **Eucharist–Daily** Mass | Occasional: |
|  | **Eucharist–Adoration** | Occasional: |
|  | **Penance** **& Reconciliation** | Regularly: |
| **LEARN** |
|  | **Study** the faith, especially Sacred Scripture | Weekly: |
|  | **Spiritual Reading** | Weekly: |
| **SHARE** |
|  | **Fellowship** group | Regularly: |
|  | **Service** time dedicated to the parish and to the needy | Regularly: |
|  | **Giving** financial resources to the parish and to the needy | Weekly: |
|  | **Evangelization–**witnessing to the faith | Always! |
| **Guide**: Spiritual Director | Monthly: |