

# Core Activities - Select 4

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**All activities are completed daily. These will be your core four during the challenge and do NOT change every week.**

Pray the St. Michael prayer.  
Pray the Morning Offering.  
Begin the day with a Psalm of praise.  
Pray at least 7 minutes in the morning.  
Pray at least 7 minutes in the evening.  
Read at least one chapter of the Bible. (New to the Bible, suggestion is to start in the Gospels).  
Make a spiritual communion during the day (or several times a day).  
Pray the Angelus morning, noon, and/or night.  
End the day with a Psalm of thanksgiving.

# Spiritual Activities - Select 2

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**All activities are completed daily unless starred. These can change each week.**

Read the daily readings.	Keep a prayer journal.
Say a rosary.	Go to confession during the week. *
Make a nightly examination.	Try a new Catholic app.
Attend mass.	Learn about a Saint.
Make a holy hour.	Practice growing in a specific virtue.
Pray the Liturgy of the Hours.	Pray the Divine Mercy Chaplet.
Watch a video on Formed.	
Fast on Wednesday and Friday.*	
Pray the Litany of Humility, Litany of Trust, or Litany of Patience.	
Read a daily paragraph from the Catechism of the Catholic Church.	
Take an hour during 40 Days for Life to pray in front of Planned Parenthood for an end to abortion.*	

# Lifestyle Activities - Select 1

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**All activities are completed daily unless starred. These can change each week.**

Get 8 hours of sleep.	Drink black coffee (no creamer, sugar, flavor, etc.).
Exercise 3 times. *	Visit the elderly or homebound (once a week).*
No sugar and alcohol.	Play a board game (or puzzle) with family or friends.*
No unnecessary purchases.	Take a meal to a family in need.*
Keep a gratitude journal.	Avoid using condiments.
No social media.	Write a thank you or encouraging note.
Turn off the radio in the car.	
Family dinner around the table.	
Put a picture of Jesus or a Saint on your phone home screen.	
Listen to and read only Christian-themed entertainment.	
Practice the Heroic Minute (getting up when the alarm goes off).	