

- 3) Try and brainstorm at least one new habit that you can adapt this Lent. When deciding upon that habit, consider the following good habits:
- a) Reading the Bible Daily
 - b) Daily Mental Prayer/ Meditation
 - c) Liturgy of the Hours
 - d) Rosary
 - e) Daily Spiritual Reading
 - f) Reading the Catechism Daily
 - g) Making Time for Spiritual Friendship
 - h) Exercise and Physical Activity
 - i) Team Sports
 - j) Virtuous Activities such as Painting, Writing, Gardening, and Crafts
 - k) Volunteer Activities such as Community Service.

Don't try to do all of them. Pray and Discern what you might be called to do. I recommend only trying one.

- 4) Have a conversation with Jesus about your areas of temptation and the habit that you feel called to adapt. Use this prayer sheet if needed.