

How to Become a **BIG-TIME SAINT!**

3 GOALS

3 pts.

First & Last Name: _____

Class: _____ Today's date: _____

Saint of the Day: _____

(Pray for me!)



“If you fail to plan, you plan to fail.”

Instructions:

1. Say a prayer to the Holy Spirit asking for guidance.
2. Look through the list of 16 How to Become a Big-Time Saint tips from our How to Become a Big-Time Saint Keynote.
3. Recognize which goals “punch” you the hardest, and then think and pray about making those your goals.
4. Choose 3 goals to focus on for the rest of this school year and then make them S.M.A.R.T. (see details below and example of this process on the back of this sheet).
 - a. **S** – *Specific* (Make a clear, detailed goal)
 - b. **M** – *Measurable* (Make your goal something you can track the progress of)
 - c. **A** – *Attainable* (Make your goal challenging, yet realistic and accomplishable)
 - d. **R** – *Relevant* (Choose a goal based on your own life, not on what others are doing)
 - e. **T** – *Timeley* (State exactly when you are going to work on this goal)
5. Write each of your S.M.A.R.T. goals below.
6. Then, on a notecard, rewrite your S.M.A.R.T. goals neatly and add a little color to make it look nice.
7. Lastly, bring this sheet and your notecard to our next religion class and be ready to briefly share your goals out loud.

My 3 goals:

1. _____

2. _____

3. _____

Creating a S.M.A.R.T. Goal:

1st attempt: Pray more.

2nd attempt: Pray every night.

3rd attempt: Pray every night before I go to bed.

4th attempt: Pray every night before I go to bed for 1 minute or more.

5th attempt: Pray every night before I go to bed for 1 minute or more while kneeling next to my bed.



6th attempt: Pray freestyle prayers or traditional prayers every night before I go to bed for 1 minute or more while kneeling next to my bed.

How S.M.A.R.T. are these goals? *You* make the call!

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- a. Read 5 chapters of the Bible every day of the school week.
 Super SMART! *Somewhat SMART* *Barely SMART* *Not SMART at all*
- b. Pray an Our Father, Hail Mary, and Glory Be every night before I go to bed.
 Super SMART! *Somewhat SMART* *Barely SMART* *Not SMART at all*
- c. Do 20 pushups every night and offer it up.
 Super SMART! *Somewhat SMART* *Barely SMART* *Not SMART at all*
- d. Make the sign of the cross and pray the “Bless us, O Lord” prayer before I eat any meal in public.
 Super SMART! *Somewhat SMART* *Barely SMART* *Not SMART at all*
- e. Every Sunday (since it’s the Lord’s Day) I will tweet/retweet some type of quote, Bible verse, etc. on my Twitter account.
 Super SMART! *Somewhat SMART* *Barely SMART* *Not SMART at all*
- f. Every night before bed, while sitting on the end of my bed, I am going to set a 2-minute timer on my phone and freestyle prayer until the timer goes off.
 Super SMART! *Somewhat SMART* *Barely SMART* *Not SMART at all*