



**T H E   S A I N T M A K E R**  
CATHOLIC LIFE PLANNER



USER'S GUIDE

# QUICK START GUIDE

Our goal has always been to give Catholics everything they need to make consistent spiritual growth and vocational success inevitable. That's why we're committed to giving you everything you need to make the most of The Saintmaker.



**TRAINING &  
TUTORIALS**



**USER'S  
GUIDE**



**LIKE-MINDED  
COMMUNITY**

For free bonus resources including online tutorials, additional free downloads, and opportunities for advanced training, go to:

[THESAINTMAKER.COM/GET-STARTED](https://thesaintmaker.com/get-started)

You'll also discover opportunities for in-person and virtual community with other Catholics who use The Saintmaker every day to reignite their faith, excel in their vocations, and achieve true spiritual freedom.

# MY PROMISE TO YOU

I spent the early part of my career as a teacher and curriculum developer training other teachers in mentoring and effective training methods. Next, I applied this experience to creating systems for innovation and knowledge-sharing in the manufacturing industry.

After that, I built a successful media and marketing company from the ground up.

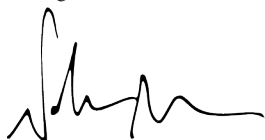
I've worked with hundreds of individuals and organizations at this point to do one thing: clarify goals, solve complex problems, and innovate exciting new solutions.

This isn't a magical process. It's really just a matter of doing what should come as second nature to Catholics: to tell and face the truth courageously, and rise up to meet God's will.

With The Saintmaker, God has given me the opportunity to help thousands of Catholics do just that—and to play a role in revolutionizing the way that we approach teaching and living the faith.

Now, I'm incredibly excited to be able to share this innovative new tool to help you reignite your faith, excel in your vocations, and experience true spiritual freedom.

Deo gloria,

A handwritten signature in black ink, appearing to read 'Nathan Meffert', with a stylized flourish at the end.

**Saintmaker Creator Nathan Meffert**

Brighton, Michigan

“ *Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them—every day begin the task anew.*

ST. FRANCIS DE SALES

”

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# QUICK START GUIDE

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✓ **PRINT THE USER'S GUIDE**

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○ **OFFER IT UP TO GOD**

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Say a prayer to God from the heart to help you with your Saintmaker journey and to always remember the ultimate goal of Sainthood.

○ **COMPLETE SEASONAL JOURNAL**

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Even if it's your first season with The Saintmaker, take the time to complete your first Seasonal Journal with a special focus on your Life Baseline. You'll come away with a better sense of where you've been and where you're going.

○ **SET ANNUAL GOALS**

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Where do you see yourself in one year? Turning to the Annual Goals page, enjoy the process of envisioning some of the things you'd like to achieve this year! Think in terms of things you'd like to *have, do, or be*. Read and remember James 4:15: "If the Lord wishes, we will live and do this or that."

○ **ESTABLISH WEEKLY RULE OF LIFE**

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Use the Weekly Rule of Life to design the type of week that you believe will help you meet your goals. This is where you can establish weekly patterns, habits, and routines that will truly support you and your loved ones.

○ **SET SEASONAL GOALS**

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Choose at least 3 of your Annual Goals to aim to accomplish this season. When prioritizing, consider which goals would motivate you, which would be most rewarding, and which would make your other goals easier to meet.

○ **PRACTICE DAILY AND WEEKLY HABITS**

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Use the morning and evening routines to help focus your efforts and make the most of your day. If you struggle, adjust your expectations and simply build the habit over time.

○ **PRACTICE MONTHLY HABITS**

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Set up your first month in The Saintmaker. Use the monthly pages to help you keep your goals in mind, learn from your blessings and shortcomings, and grow closer to God.

○ **COMMUNITY**

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If possible, find a friend to join you on The Saintmaker journey. You can also set up a small group to stay accountable, share successes, and build fellowship.

# QUICK START HABITS



## DAYTIME HABITS

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### START WITH PRAYER

Whenever possible, start your day with prayer—especially your Saintmaker Prayer Intention list. Then fill in your Gratitude Journal, Devotions, other spiritual targets.

### PLAN YOUR DAY

Take time to plan your day in detail at a natural transition point between your morning and workday. After breakfast, at your desk, or before class are all good options.

### MAKE TIME FOR MEDITATION

The Saintmaker includes a Meditation Journal. When you can, aim to set aside 10 minutes to meditate on a holy reading or topic. The checklist makes it easy!

### JOURNAL!

Journal throughout the day to solve problems, brainstorm ideas, take notes, and go deeper in reflection or prayer. Use the Discernment Journal for clarity on big decisions.



## EVENING HABITS

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### COMPLETE EVENING EXAMEN

The Evening Examen is based on St. Ignatius' formula for growing in holiness, clarifying priorities, and discerning God's will. Consistency will yield truly amazing results!

### MAKE A RESOLUTION

Insights from your Evening Examen should be turned into a concrete spiritual resolution to practice tomorrow. Ask for God's help in achieving your resolution.



## WEEKLY HABITS

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### LESSONS LEARNED

Start your week by listing lessons learned from the previous week. This is a good opportunity to review Evening Examen from the previous week, and note general patterns and opportunities for growth.

### PLAN YOUR WEEK

Make a plan for your week in each of four areas—Domestic, Recreation, Vocation, and Spiritual. First list top priorities in the section provided, and then list additional tasks in the remaining space. This plan will change as you progress through the week. That's fine! Be flexible, but stay focused.

# GUIDING PRINCIPLES

The Saintmaker can seem overwhelming at first, but it's exactly the comprehensive nature of the Saintmaker system that makes it so effective. With a little patience, and bit of a playful attitude, anyone can benefit from this revolutionary new approach to faith and focus. Stick to the following principles and you'll be more than fine.

## 1. PRINT AND USE THE USER'S GUIDE

It's crucial that you print our User's Guide, and keep it with you for the first few weeks of using The Saintmaker. If you haven't done this already—and you're still reading this on a computer screen!—then go do it now.

The User's Guide is your guide to success. It will fast-track your progress in learning to use The Saintmaker system. With the User's Guide in hand, and with consistent and steady effort, you'll soon be using The Saintmaker like a pro! It will become second nature in no time, and you'll be amazed at the results you're seeing.

## 2. TAKE A GRADUAL APPROACH

If you follow the Quick Start Guide above, the key is not to take it all on at once. One idea is tackle each item on the list per day (or longer in the case of more in-depth sections like the Seasonal Journal).

If you're struggling with the Quick Start Guide, we provide additional resources for getting started at [www.thesaintmaker.com/get-started](http://www.thesaintmaker.com/get-started).

## 3. KEEP A POSITIVE ATTITUDE

Those who struggle with The Saintmaker are almost invariably too hard on themselves when they don't meet their own expectations. If you miss a day here and there, or even a full week, that's not a reason to get frustrated. The Saintmaker is a steady companion, and it is designed for you to easily pick it up and start over again.

A core part of being Catholic is learning admit your shortcomings and to start over. God has mercy and understanding for you. Pray for the grace to give it to yourself when you fall short. A practical way to reboot with The Saintmaker is to complete an Evening Examen, and identify one small step you can take to restart on the right foot.

“  
*The saints did not all begin well, but  
they all ended well.*  
”



# SEASONAL ROADMAP

To supercharge your Saintmaker season, your seasonal plans should center around inspiring and powerful goal to help focus your efforts. The goals you set flow through key touch points of the Saintmaker system: your Weekly Rule of Life allows you to design an ideal week that gives you the habits you need to meet your goals, your Monthly Goal Plan ensures consistent progress, your Weekly Overview helps you plan weekly action, and your daily to-do list gives you the practical steps to take.

## 1. SET S.M.A.R.T. GOALS

**S — SPECIFIC:** CLEARLY STATE A SPECIFIC OUTCOME

**M — MEASURABLE:** INCLUDE PRICES, QUANTITIES, MEASUREMENTS IF POSSIBLE

**A — ACTIONABLE:** BE SPECIFIC ABOUT WHAT NEEDS TO BE DONE

**R — REASONABLE:** THE GOAL SHOULD BE ACHIEVABLE WITHIN YOUR MEANS

**T — TIMELY:** SET A DUE DATE THAT IS NEAR ENOUGH TO KEEP YOU ENERGIZED

When you look at your S.M.A.R.T. goal, you should be inspired, clear on a timeline and approach, and ready to start.

Here is an example of a "DUMB" goal:

*I want to lose weight.*

But, we can take that same goal and turn it into a S.M.A.R.T. goal:

*I want to lose 10 pounds by my birthday through weight training 3x/week.*

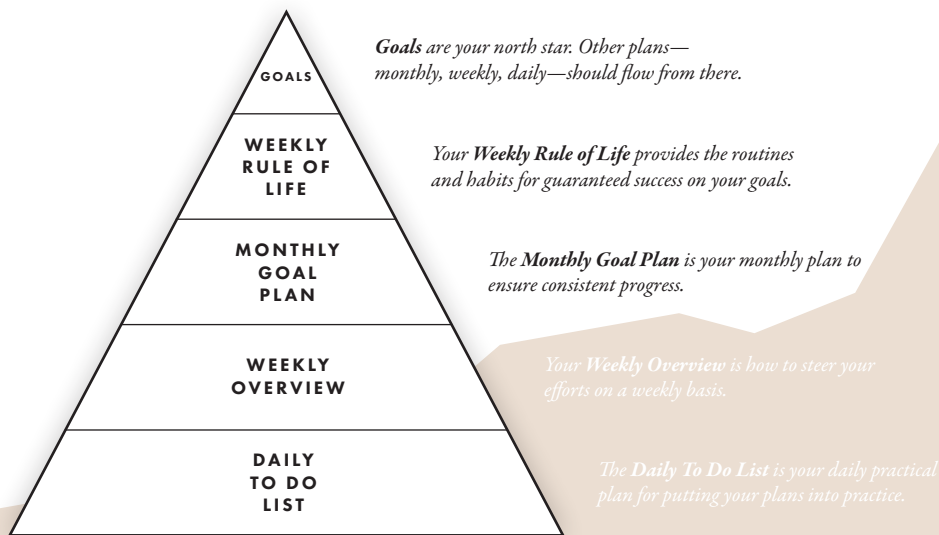
To set your S.M.A.R.T. goal, ask questions such as, "Why do I want this?" "How will I know when I accomplish this?" "What can I clarify about this goal?" "What will it look like from the outside for me to achieve this goal?" "Is there something I'll be able to see, touch, taste, or measure?"

One sign that you're setting DUMB goals is that you are consistently frustrated with your goal-setting efforts. How do you know specifically what it means to "lose weight"? You don't. Unless you set a S.M.A.R.T. goal. With S.M.A.R.T. goals, you'll be able to accomplish your goals with a real sense of achievement, since you will start with a concrete target to hit.

Always remember the words in the Gospel of James: "Come now, you who say, 'Today or tomorrow we will go to such and such a town and spend a year there, doing business and making money.' Yet you do not even know what tomorrow will bring. What is your life? For you are a mist that appears for a little while and then vanishes. Instead you ought to say, 'If the Lord wishes, we will live and do this or that.'"

These verses are the gospel of goal setting. Set your S.M.A.R.T. goals, but remember: we can do nothing good without God. So ask Him to help you, be ready to change course if He shows you a new way, and let your accomplishments always glorify Him.

# SEASONAL ROADMAP



## 2. CREATE YOUR WEEKLY RULE OF LIFE

Your Weekly Rule of Life establishes the routines and habits for you to achieve your goals, live your best life, and grow into sainthood on a weekly basis. As you design your Weekly Rule of Life, think in terms of the routines and habits that will support you in every way—in your vocation, in your personal life, in your spiritual life, and in your family and community life. Set yourself up so that success is a natural outcome of how you manage your time.

## 3. ESTABLISH MONTHLY GOAL PLANS

On a monthly basis, you'll be establishing goal plans to help you ensure consistent progress. This is the next level of how to focus your efforts and keep yourself on track. Every month, you have an opportunity to review progress, identify what's holding you back, and adjust your approach. This is also your opportunity to update your seasonal Goal Pages and make adjustments as needed.

## 4. SET UP WEEKLY OVERVIEWS

Every week, review your Monthly Goal Plan and Monthly Calendar to set up your Weekly Overview. The Weekly Overview will encompass many tasks, issues, and goals, but always include a few steps towards accomplishing your Monthly Goal Plan.

## 5. WRITE DAILY TO DO LISTS

You should have a strong daily task list that is where the work gets done. Goals have “trickled down” through the various levels of planning. At this point, Daily To Do lists should be clear, focused, and easy to accomplish. Get after it, and enjoy the journey!

“ *The first end I propose in our daily work is to do the will of God; secondly, to do it in the manner he wills it; and thirdly, to do it because it is his will.*

ST. ELIZABETH ANN SETON

”

# COMMEMORATION

The Commemoration allows you to remember top prayer intentions for those closest to you. Keep those you love close in your daily prayers and especially in your Mass intentions. Once you have this section filled out, carry your Saintmaker with you to Mass, and in the pew before Mass, recite your Commemoration prayers as well as additional Mass intentions.

*"From the beginning the Church has honored the memory of the dead and offered prayers in suffrage for them, above all the Eucharistic sacrifice, so that, thus purified, they may attain the beatific vision of God. The Church also commends almsgiving, indulgences, and works of penance undertaken on behalf of the dead."*

– *The Catechism of the Catholic Church, 1032:607-608*

## COMMEMORATION OF THE LIVING

Who are the people who are alive today that you want to pray for at every holy Mass? Simply list those names here and easily pray this prayer before every Mass.

## COMMEMORATION

TO BE RECITED BEFORE MASS...

### COMMEMORATION OF THE LIVING

REMEMBER, OH LORD, *these Thy servants and handmaids:*

- 1 My mom
- 2 My dad
- 3 My wife
- 4 The Smith family
- 5 Father Andrews
- 6
- 7
- 8
- 9
- 10

*...on whose behalf we offer to Thee this sacrifice of praise for the good of their souls, for their hope of salvation and deliverance from all harm...*

## COMMEMORATION OF THE DEAD

Who are the dearly departed who you hold in your heart that need your prayers? Pray for the souls in purgatory!

### COMMEMORATION OF THE DEAD

ALSO REMEMBER, OH LORD, *these Thy servants and handmaids:*

- 1 Grandma
- 2 Grandpa
- 3 Great grandparents
- 4
- 5
- 6
- 7
- 8
- 9
- 10

*...who have gone before us with the sign of faith. Grant them Thy eternal light and peace. Through Christ our Lord.*

You can also say this prayer before Mass: "Eternal Father, I unite myself with the intentions and affections of our Lady of Sorrows on Calvary, and I offer Thee the sacrifice which Thy beloved Son Jesus made of Himself on the Cross, and now renews on this holy altar: (1) To adore Thee and give Thee the honor which is due to Thee, confessing Thy supreme dominion over all things, and the absolute dependence of everything upon Thee, Who art our one and last end. (2) To thank Thee for innumerable benefits received. (3) To appease Thy justice, irritated against us by so many sins, and to make satisfaction for them. (4) To implore grace and mercy for myself, for . . . , for Thy Church, for all afflicted and sorrowing, for poor sinners, for all the world, and for the holy souls in purgatory."

# PRAYER INTENTIONS

This list is your go-to prayer intention list. When someone asks you to pray for them, or when you promise to pray for someone, add them to this list, and every morning or evening during your prayers, you can offer these names and intentions to God for his mercy. You can also track results to help you see the effects of your prayer over time.

We highly recommend making this a core part of your prayer routines. This is an excellent way to cultivate the Cardinal Virtues of faith, hope, and charity.

## PRAYER INTENTIONS

✓	PERSON OR GROUP	PRAYER INTENTION	RESULTS
<input type="checkbox"/>	Dave Smith	Recovery from cancer and peace during treatment	
<input type="checkbox"/>	Grandpa Joe	Conversion and softening of his heart towards God	
<input type="checkbox"/>	My Boss	For success in his negotiations with company	
<input type="checkbox"/>	Myself	Success sticking to The Saintmaker system	
<input type="checkbox"/>	My Wife	Joy in her vocation and closeness to Mary's heart	
<input type="checkbox"/>			
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## PRAYER INTENTIONS

Enter your prayer intentions for those who you've committed to pray for. Keep track of the results in the "Results" column and check prayer intentions off as they are completed.

# A CATHOLIC LIFE

The Saintmaker includes exceptional tools for living a Catholic life in rhythm with the liturgical year. But first, a disclaimer: *virtually none of this is required*. In spite of the Church's undeserved reputation for "legalism" and excessive rules, the requirements for you to be a "good Catholic" are actually quite simple. There only six Church Commandments:

- TO ASSIST AT MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION
- TO FAST AND ABSTAIN ON THE DAYS APPOINTED
- TO CONFESS AT LEAST ONCE A YEAR
- TO RECEIVE HOLY EUCHARIST DURING EASTER TIME
- TO CONTRIBUTE TO THE SUPPORT OF THE CHURCH
- TO OBSERVE THE LAWS OF THE CHURCH CONCERNING MARRIAGE

If you're inspired to include some of the great devotions that The Saintmaker includes, we can't blame you. But we can warn you: when it doubt, tend towards keeping it simple and playful.

We make this easy for you. For instance, on the monthly calendar, we include the more rigorous opportunities for devotion of the 1962 calendar, but these optional devotions are color-coded gray instead of black. In general, stick to the basics to ensure success.

## 1. A CATHOLIC LIFE

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The first main page of The Saintmaker is titled "A Catholic Life". Each Catholic will discern his or her own devotional life, but if you're looking for a starting point, A Catholic Life gives it to you.

Once again, please take this in a spirit of simplicity and play. You can explore some of these devotions, or take this blueprint as a target to shoot for if it resonates with you in whole or in part.

## 2. NOVENAS

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We've never seen a more comprehensive quick reference resource for seasonal novenas than our Seasonal Novenas List. Every new season with The Saintmaker will include new novenas according to the current season. Rather than providing you with the complete text of each novena or complete instructions for every devotion, The Saintmaker acts as a "field guide" to help remind and inspire you to more exploration.

You learn more this way. But this approach also keeps the planner sleek, slim, and usable. In order to take advantage of the novena list, pick a few novenas that you'd like to focus on and use online research to find the full text. Here's how:

- Type the opening words of the novena into your search engine (in quotes for an exact match)
- After the opening words, type "novena" (not in quotes) and the name of the saint (not in quotes)

# ANNUAL GOALS

When brainstorming Annual Goals, we suggest starting by opening up a page in your Personal Journal pages, titling it “Annual Goals Brainstorm” and answering some of the following questions for yourself:

- WHAT ARE SOME THINGS THAT YOU'D LIKE TO DO?
- WHO ARE SOME PEOPLE YOU'D LIKE TO CONNECT WITH?
- WHAT ARE SOME PLACES YOU'D LIKE GO?
- WHAT KIND OF A PERSON WOULD YOU LIKE TO BECOME?
- WHAT DO YOU BELIEVE GOD IS CALLING YOU TO?

## ANNUAL GOALS

✓	#	GOAL TITLE / DESCRIPTION	SEASON
<input type="checkbox"/>	1	Buy a new car	Winter
<input type="checkbox"/>		Learn to hunt turkey	Spring
<input type="checkbox"/>	2	Start praying Rosary daily	Winter
<input type="checkbox"/>	3	Host family dinner	Winter
<input type="checkbox"/>	5	Run a marathon	Winter
<input type="checkbox"/>		Start investing	Spring
<input type="checkbox"/>		Get into better shape	Spring
<input type="checkbox"/>	4	Get a raise	Winter
<input type="checkbox"/>		Take a roadtrip with family	Summer
<input type="checkbox"/>		Start fishing with dad and brother	Spring
<input type="checkbox"/>		Fall trip to Europe	Fall
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			

## ANNUAL GOALS

1. Write your top goals for the next four seasons that you are most inspired by and that God wants for you in the "Goal Title/Description" section.
2. Write the season in which you aim to work on and accomplish each goal.
3. In the "#" column, number this season's goals in order of priority. Highest priority goals are goals that have the biggest impact and/or that make other goals easier to accomplish.

# SEASONAL JOURNAL

The Seasonal Journal is made up of several main components: the Goal and Seasonal Review, the Life Baseline, and the Prayer Examination. This section walks you through the process of reviewing your previous season, meditating on blessings and shortcomings, discerning future plans and life adjustments, and completing a full examination of your prayer life with the intention of improving in the next season.

Take a few days to complete this section, with a prayerful and meditative attitude, and you will see excellent results in terms of personal growth, discernment, and day-to-day progress.


## GOAL REVIEW


Write your goal title next to the numbered section and then describe your progress and setbacks. Fill in the progress tracking pie charts with the total progress you have made, and then decide whether you will keep or cancel the goal in the new season.


## SEASONAL JOURNAL

### GOAL REVIEW

*Evaluate your progress on seasonal goals and explain setbacks and success.*

1: Buy a new car % DONE  
 I just got distracted by work. Things at work were more important. Did research loans.   
 Keep/Cancel:  Keep  Cancel

2: Improve closeness and relationship with wife % DONE  
 We read "Three to Get Married" together, and it has really helped our marriage a lot.   
 Keep/Cancel:  Keep  Cancel

3: Start praying Rosary nightly % DONE  
 Got to about 50% on this goal. That's good progress, but I want to get to about 90% consistently (or better!)   
 Keep/Cancel:  Keep  Cancel

4: % DONE  
  
 Keep/Cancel:  Keep  Cancel

5: % DONE  
  
 Keep/Cancel:  Keep  Cancel

## SEASONAL REVIEW

Complete a general review of your season. No need to analyze too much at this point. The goal here is to simply do some reflection and sketch out the basic themes, events, and activities.

### SEASONAL REVIEW

*Describe themes, events, activities.*

Work was hard. I am really considering what's next. My relationship with my wife improved. We have been putting in good effort and seeing great results. Family time could improve. I feel a little wrapped up in "my things" and not making much time for family and friends. Feeling a little too "laid back" about prayer and personal health. I think it would be good to set some higher goals.

### SEASON CHECKLIST

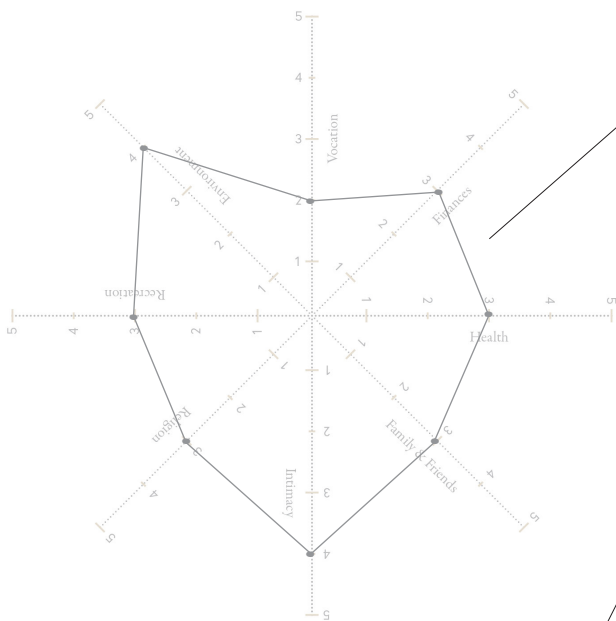
- Complete Goal Review
- Do Seasonal Review
- Fill out Life Baseline
- List seasonal Blessings
- List Sins and Shortcomings
- Complete Discernment
- Do Prayer Examination
- Design Ideal Week
- Create new Goal Plans
- Update Annual Goals



"Occupy your minds with good thoughts, or the enemy will fill them with bad ones. Unoccupied, they cannot be." – St. Thomas More

## LIFE BASELINE

Rank yourself 1–5 in all areas of your life.



## LIFE BASELINE

The Life Baseline will give you an overview of each of 8 key areas of life. Depending upon vocation, how you define or measure success in each area might vary. For instance, "Intimacy" for a priest could be closeness to God and the Church, whereas for a married person, it's true meaning is dedicated love with a spouse.

## BLESSINGS

Take some time to reflect on the God-given blessings of this past season. Remember: God brings good from bad, so even difficult situations are a blessing to a Catholic.

## BLESSINGS

Reflect on blessings and God-given challenges of this season.

I was blessed to deepen my relationship with my wife this past season. I was blessed with insight into habitual patterns of shortcoming and sin. I had an awesome trip with my friends, and we came away from it closer than ever. I joined a men's group, and that is going very well.

## SINS & SHORTCOMINGS

Describe major patterns of sin and shortcomings this past season.

I struggled with anger and impatience. This came through whenever I was stressed at work. I take it out especially on my wife, and that does damage to her trust for me, which affects our closeness. I was lukewarm in my prayer and slothful at times, and this is one of the main things that leads to losing sight of what's important and getting angry.

## SINS & SHORTCOMINGS

Focus on identifying patterns of sin and struggle in the past month. What challenges lead to what temptations lead to what sins?



# WEEKLY RULE OF LIFE

St. Benedict of Nursia wrote his Rule of Saint Benedict in the 6th century as a books of precepts for monks living under an abbot. But the ideal of a Rule of Life applies to all of us. In fact, Saint Benedict's model for the monastic life was the family, with the abbot as father and all the monks as brothers.

Saint Benedict's Rule organizes the monastic day into regular periods of communal and private prayer, sleep, spiritual reading, and manual labour—*ut in omnibus glorificetur Deus*, "that in all [things] God may be glorified" (cf. Rule ch. 57.9.).

## WEEKLY RULE OF LIFE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6		Morning routine—prayer, meditation, shower	Workout				Prime
7		Breakfast					
8	Plan week of Saintmaker			Plan day with Saintmaker			
9							
10			Focused work				Meal in Examination
11			Emails and meetings				Mass
12			Lunch				Donuts & coffee
1							
2	Focused work	Meetings	Focused work	Meetings	Focused work		Family brunch
3							
4			Emails				
5			Wrap-up				
6	Dinner	Hobbies	Bar night	Hobbies	Adoration Kasara		Vegetas
7	Kasara		Dinner		Date night		
8			Kasara				
9							Compline
10				Evening Examen, prayer, reading			
11							Matins
12							
1							
2							Lauds
3							
4							
5							

## WEEKLY RULE OF LIFE

The Weekly Rule of Life should be looked at as the idealized week that will naturally guide you towards your goals for the season, goals for the year, and final goal for life: Sainthood.

Include family when possible in the establishment of your Weekly Rule of Life. As Saint Benedict teaches, the highest use of a Rule of Life is to harmonize domestic life for God's glory.

Take some time with this. Approach it prayerfully. We suggest creating your Rule in pencil so that you can make edits to it as you learn throughout your Saintmaker journey what routines and habits are most conducive to success in holiness.

### PRO TIP

Use color-coding for the four categories: Domestic, Recreation, Vocation, Spiritual. Colored pencils or highlighters help.

# GOAL PLAN

We already talked about goal setting a bit in the "Set S.M.A.R.T. Goals" section above. So, review that section before you proceed. Once you've done that, come back to this page to set your goals.

*"Those persons deceive themselves who begin by determining on such a state—for example, on marriage—and afterward form the resolution to serve God as well as they can in that state. That is to reverse the order, to take the means for the end and the end for the means; it is to tend to God obliquely, so to say, and expect to draw the will of God to ours, instead of making ours bow to that of God."*

— St. Ignatius of Loyola, *The Spiritual Exercises of St. Ignatius*, Ch. 6

## GOAL SUMMARY

Once you write the title of the goal, describe your S.M.A.R.T. goal. Be as specific as possible, using numbers and timelines. Ensure that your goal is realistic and achievable. Review the section above titled "Set S.M.A.R.T. Goals" for more direction.

## AREAS OF LIFE

Check off the areas of life that your goal will positively impact.

## MOTIVATIONS

List your top motivations. Paint an inspiring picture of the future to aspire to.

## MILESTONES

Milestones make up the "phases" or "subgoals" required to meet the overall target. List milestones that will get you to the goal.

## TASK LIST

Milestones break down into tasks, and you'll work on tasks on a daily basis to help you make consistent progress towards your target.

## GOAL PLAN | GOAL: Buy a new car

### GOAL SUMMARY

*Describe your S.M.A.R.T. goal.*

I want to buy a new car using as much cash as possible. Specifically, I want a full-sized truck that is about 2-3 years old with ~30k miles on it to minimize depreciation. Max allowable price is ~28k, and finance the remainder.

HEALTH  FAMILY & FRIENDS  INTIMACY  RELIGION  
 RECREATION  ENVIRONMENT  VOCATION  FINANCES

### MOTIVATIONS

*Write down what motivates you about this goal.*

✓ A reliable vehicle for all family activities  
✓ More cool road-trips and local camping trips with family  
✓ Save money in long-term by owning, rather than financing

### MILESTONES

*Write subgoals that you will have to hit to accomplish your goal.*

1 Research financing options and down payment DUE: 11/15/22  
2 Research vehicle options and decide DUE: 12/1/22  
3 Negotiate and purchase new truck DUE: 12/15/22

### TASK LIST

*List the actions that will allow you to hit your milestones and achieve your goal.*

# Based on Milestone #1  
1 Determine where down payment is going to come from  
2 Clean up credit if possible  
3 Research loan options and get pre-approvals

# Based on Milestone #2  
1 Create spreadsheet and rank top makes/models  
2 Review loan options for each make/model  
3 Test drive vehicles locally

# Based on Milestone #3  
1 Contact dealerships via email to get top offers  
2 Negotiate using top offers  
3 Select top offer and purchase

STARTING	PLANNING	WORKING	CHECKING	ACCOMPLISHED CANCELED
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# RECLAIMING YOUR TIME

The Saintmaker was designed to put into your hands all the tools you need to make the most of the time that God has given you. Amongst other benefits, The Saintmaker can help you become a steward of your time, talents, efforts, and energy. Of course, just like in the Parable of the Talents, the idea of stewardship of God's gifts is to return the bounty back to God.

We think of it as turning life into an offering—an offering that God takes joy in, is proud of, and that does honor to His generosity. You can practice this attitude every day with The Saintmaker.

This is the first level of reclaiming your time.

The second level is even deeper. It's the level of "sanctifying your time", and it's not something that you have to put much effort into—it only requires you to accept a beautiful (and often forgotten) gift that the Church wants to give to you.

That gift is the Liturgical Year.

The Liturgical Year is the calendar of feasts and celebrations that commemorates major events of the Gospels, major events in the history of the Church, and the lives of the Saints.

Amazingly, the Liturgical Year also touches our months, days, and weeks. Even the passing of hours for the Catholic Church is experienced as cycles of commemoration and meditation on holy things.

The Liturgical Calendar includes events in the following categories:

**LITURGICAL SEASONS** – CHRISTMAS, LENT, PENTECOST, ADVENT

**SAINTS FEASTS AND COMMEMORATIONS** – ST. VALENTINE, ST. PATRICK, ST. BRIGIT

**CHURCH EVENTS** – DEDICATION OF THE LATERAN BASILICA, OUR LADY OF SNOWS

**APOCRYPHAL EVENTS** – FINDING OF THE TRUE CROSS, OUR LADY OF LOURDES

**EVENTS IN THE LIFE OF MARY** –PRESENTATION OF THE B.V.M., ASSUMPTION OF OUR LADY

**EVENTS IN THE LIFE OF JESUS** – NATIVITY, EPIPHANY, EASTER SUNDAY, ASCENSION

**KEY DEVOTIONS** – ASH WEDNESDAY, EMBER DAYS, MOST PRECIOUS BLOOD, ALL SOULS

The Catholic who celebrates the Feasts well and practices the traditions of the Church lives intimately with Christ, the Saints, our Lady, and in the bosom of the Church.

We're convinced that, if more Catholics did so, the Church would transform overnight. One of the great tragedies of the modern age is that Catholics have lost connection with this sacred rhythm of time and this blueprint for intimacy with God.

The Saintmaker makes it incredibly easy for you to starting structuring your time in this way—whether that's adopting some of the weekly or monthly routines suggested, stopping to pray at some of the liturgical hours of the day, or building new family traditions based around the calendar.

# MONTHLY PLAN

Your Monthly Plan carries over from your Monthly Review of the previous month. It is, of course, your personal plan for a great month. But, more than that, it is your response to God's voice. Complete your Monthly Plan early in the month (we suggest the first Monday) on a monthly basis and watch your focus and resolve grow with each passing month!

## PRO TIP

Complete your Monthly Intention on the monthly title page before Monthly Planning.

## FEAST & PRAYER PLAN

Reference the month's Feasts and Devotions page to choose a few feasts that you particularly want to commemorate, and describe what you want to do. Set a date, and add those plans to your Monthly Calendar.

Also, create a Prayer Plan. Your prayer plan should be a daily plan. Make a plan for any prayers you wish to commit to saying in the morning, afternoon, and evening.

## GOAL PLAN

Reference your goals and Year Plan, and make a plan to make progress on at least three goals this month.

### MONTHLY PLANNING

#### FEAST & PRAYER PLAN

*Plan your main feast day devotions and make a prayer plan.*

1: Mary Mother of God/Circumcision 1/1/2023  
• Attend Mass  
• Confess, pray for pope, pray Veni Creator Spiritus (indulgence)

2: Twelfth Night 1/5/2023  
• Attend Mass at nearby TLM on the feast (not weekend)  
• Take incense, chalk, and water to be blessed

3: Carnival 1/5-2/22  
• Learn one hymn per week  
• Play games every night with family

4: \_\_\_\_\_ DATE \_\_\_\_\_

#### PRAYER PLAN

Morning	Afternoon	Evening
Angelus Morning prayers Morning dedication St. Joseph the Worker	Angelus Read/meditation	Rosary Evening prayers

#### GOAL PLAN

*Plan progress on your Seasonal Goals.*

1: Buy new car  
• Finish research  
• Start contacting dealers  
• Do test drives

2: Daily rosary  
• Start RIGATT after dinner!

3: Family potluck  
• Make plan with wife  
• Invite family members

4: Get a raise  
• Write and practice script  
• Talk to manager first

5: Run a marathon  
• Start training for summer!!!

# MONTHLY REVIEW

You'll return to this page at the end of your month to complete your Monthly Review. As we mention down below, more than anything, this is your opportunity to practice discerning God's will on a monthly basis. And yes, this takes practice. This is perhaps the most incredible benefit of The Saintmaker: as time goes on, your ability to listen and hear God's voice in your life will only get better. That's the goal. And that's what makes saints.

*"The Holy Spirit leads us like a mother. He leads His child by the hand...as a sighted person leads a blind person."*

– St. John Vianney

## MONTHLY REVIEW

WEEK:	1	2	3	4	+	WEEK AVG.
Monthly Intention	2	4	3	5		3.5
Feast Day Devotions	3	2	3	3		2.75
Prayer Plan	4	3	2	4		3.25
Virtue Tracker	5	4	5	4		4.5
Goal Plan	3	2	1	5		2.75

### MONTHLY REFLECTION

*Describe major events, themes, activities of the past month.*

Good month with wife. Good progress on prayer. Especially with Rosary, which was the goal. Potluck plan is all set and ready to go. Re: my car purchase progress. I did some test drives. No progress on other goals. Five goal targets for the month might be too much.

### BLESSINGS

*Reflect on blessings and God-given challenges of this month.*

- Lots of good time with men in my life
- 3 very productive confessions
- I am feeling focused on my goals, and thankful for progress

### SINS & SHORTCOMINGS

*Describe patterns of sin and shortcomings this past season.*

- Still some sloth re: prayer
- I did better with anger and impatience, but not perfect with holding my tongue especially

### LESSONS LEARNED

*List lessons learned. Thank God!*

I learned that patience with my wife helps her trust me more. I learned that I am motivated to work for her—not for me. Also that setting goals with a charitable outcome is WAYYY better.

### DISCERNMENT

*What is God calling you to next month?*

I think God really wants me to start exploring other job options—but He wants me to do it for my family, not for me.

### MONTH CHECKLIST

#### Start of Month

- Set Monthly Intention
- Plan Feast Day Devotions
- Make a Prayer Plan
- Add parish/local feasts to Monthly Calendar
- Create a Goal Plan to make progress on your seasonal goals

- Use Monthly Calendar to plan your month
- Set up Virtue Tracker bookmark

#### End of Month

- Do Monthly Review

## SAINTMAKER PROGRESS

Rank performance in each area of the Saintmaker system weekly. Average monthly, and beat your record!

## MONTHLY REFLECTION

This is a very general overview of the month. "Tell the story" of the month here.

## BLESSINGS

Consolations are like encouragement given from God. Clear indications of His grace. List consolations, but also list ways that He is challenging you.

## SINS & SHORTCOMINGS

In what ways did you fall short? As always, focus on identifying patterns, not isolated instances.

## LESSONS LEARNED

God is teaching. What are you learning?

## DISCERNMENT

This is your chance to practice discerning God's will monthly—take it!

# MONTHLY CALENDAR

Your Monthly Calendar is where plans start to translate to action. You'll be coming back frequently throughout the month, adjusting, crossing off actions taken, adding new plans and actions. At least one time per week during your weekly planning, make sure that you're updating your Monthly Calendar to really reflect the reality of your life plans *and* accomplishments.

If you let what is written on the calendar drift too far from what you're actually planning or what you've done, you'll be sending yourself a message that it's not a reliable tool. Instead, let the Monthly Calendar tell the story of your life—use it to both plan and reflect.

## FEASTS

The top row (gold text) is always the old pre-1962 calendar. The bottom row (black text) is always the new post-Vatican II calendar.

Bolded dates are Holy Days of Obligation, first class feasts (1962), or solemnities (post-VII). Feast days are color-coded with liturgical colors for that day.

Feast day rankings are indicated by numbers or letters in brackets.

Codes for feast rankings are as follows:

### Ordinary Form Ranking

- S = Solemnity
- F = Feast
- M = Memorial
- OM = Optional Memorial

### Extraordinary Form Ranking

- I = First Class
- II = Second Class
- III = Third Class
- IV = Fourth Class
- C = Commemoration

## JANUARY 2023















SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 <sup>st</sup> <b>FA</b> 1 hour / 30 hours ✙ ✎	2 ✓	3 ✓	4 ✓
11 am - Mass	Month setup Plan week	11 am - Mktg mtg	8 am - Mass
Octave of the Nativity of the Lord [I]	Men's group	Hunt PM	5 pm - Music w dad
Solemnity of Mary, The Holy Mother of God [S]	Ss. Basil the Great and Gregory Nazianzen [M]	Christmas Weekday / Mott Holy Name of Jesus [OM]	Feria of Christmas [IV] / St. Elizabeth Ann Seton [C]
8 <b>FA</b> 1 hour / 30 hours ✙ ✎	9 ✎	10 ✎	11 ✎
11 am - Mass	Plan week		8 am - Mass
Holy Family of Jesus, Mary, and Joseph [III]	Women's group	Hunt PM	
The Epiphany of the Lord [S]	Feria of the Epiphany [IV]	Feria of Epiphany [IV]	Feria of Epiphany [IV] / St. Hyginus [C]
15 <b>FA</b> 1 hour / 30 hours ✙ ✎	16 ✎	17 ✎	18 ✎
11 am - Mass	Plan week	11 am - Mktg mtg	8 am - Mass
Second Sunday after Epiphany [II]	Men's group	Hunt PM	5 pm - Bar night
Second Sunday in Ordinary Time	St. Marcellus I [III]	St. Anthony [III]	Feria [IV] / St. Prisca [C]
22 <b>FA</b> 1 hour / 30 hours ✙ ✎	23 ✎	24 ✎	25 ✎
11 am - Mass	Plan week		8 am - Mass
Third Sunday after Epiphany [III]	Women's group	Hunt PM	
Third Sunday in Ordinary Time	National Day of Penance for Roe v. Wade [USA] St. Raymond of Peñafort [III] / St. Emerentiana [C]	St. Timothy [III]	The Conversion of St. Paul [III]
29 <b>FA</b> 1 hour / 30 hours ✙ ✎	30 ✎	31 ✎	
11 am - Mass	Plan week	11 am - Mktg mtg	
Fourth Sunday after Epiphany [II]	Men's group	Hunt PM	
Fourth Sunday in Ordinary Time	St. Martin [III]	St. John Bosco [III]	The Conversion of Saint Paul the Apostle [I]
		St. John Bosco [M]	



"What you are must always displease you, if you would attain to that which you are not." – St. Augustine

THURSDAY	FRIDAY	SATURDAY
5	6 CA	7
Hunt FM	7 pm - Mass	Hunt AM
Feria of Christmas [IV] / St. Telesphorus / St. John Neumann [C]	The Epiphany of the Lord [I]	Our Lady on Saturday [IV]
St. John Neumann [M]	Christmas Weekday / St. André Bessette [OM]	Christmas Weekday / St. Raymond Perafort [OM]
12	13 CA	14
Hunt FM	5 pm - Adoration	Hunt AM
Feria of Epiphany [IV]	The Commemoration of the Baptism of our Lord Jesus Christ [II]	St. Hilary [III] / St. Felix [C]
Weekday	Weekday / St. Hilary [OM]	Blessed Virgin Mary [OM]
19	20 CA	21
Hunt FM	6 pm - Aquinas Night	Hunt AM
Feria [IV] / St. Canice / St. Marius et al. [C]	Ss. Fabian and Sebastian [III]	St. Agnes [III]
Weekday	Weekday / St. Fabian / St. Sebastian [OM]	St. Agnes [M]
26	27 CA	28
Hunt FM	5 pm - Adoration	5 pm - Beth b-day
St. Polycarp [III]	St. John Chrysostom [III]	St. Peter, Nolasco [III] / St. Agnes (Second) [C]
Ss. Timothy and Titus [M]	Weekday / St. Angela Merici [OM]	St. Thomas Aquinas [M]

### KEY

-  Holy day of obligation
-  Octave day
-  Fasting (with suggested times)
-  Complete
-  partial abstinence
-  Fasting or feasting
- 
-  Ember days
-  Rogation days
-  First Wednesdays
-  First Thursdays
-  First Fridays
-  First Saturdays
-  Rosary Tracker

### MORE DEVOTIONS!

Remember: unless otherwise noted, these devotions are strictly optional. Devotions in black are required; all devotions in gray are optional. They are included for your spiritual edification.

Amongst others, we've included:

- Our daily Rosary Tracker (which can be adapted for use with other daily devotions)
- All traditional days of fasting and abstinence
- Traditional Ember and Rogation days
- First Thursdays, Fridays, and Saturdays
- Days well-suited to feasting

Also, note the current norms for the pre-Mass fast (Canon No. 919):

"One who is to receive the Most Holy Eucharist is to abstain from any food or drink, with the exception only of water and medicine, for at least the period of one hour before Holy Communion."

# FEASTS AND DEVOTIONS

Every month, you have an amazing opportunity to turn your faith into the adventure of a lifetime through our one-of-a-kind menu of liturgical practices, devotions, recipes, spiritual readings, and more. This is the exciting and exhilarating work of rebuilding the joyful Catholic culture that our ancestors enjoyed—and it starts with you!

*"It is mainly the deeds of a love so noble that lead many to put a brand upon us [Christians]. See how they love one another, they say, for they themselves are animated by mutual hatred; how they are ready even to die for one another, they say, for they themselves will sooner put to death."*

– Tertullian, *The Apology*, ch. 39

## FEASTS AND DEVOTIONS

This is a good time to remind you: these are almost ALL optional devotions. Obligatory Masses are **bolded**. Here are a few guidelines to adopt these additional devotions:

- ...In a spirit of joy and love of God
- ...In small doses, building over time
- ...With others, in community and communion

Reference these feasts and devotions during your monthly planning session, and start to align your life with the gift of the Liturgical Calendar.

## DEVOTION IDEAS

We've included some other common monthly devotions to help you round out your monthly spiritual life.

## JANUARY FEASTS AND DEVOTIONS

1ST CL./SOLEMN. | JANUARY 1

### MARY MOTHER OF GOD/OCTAVE DAY OF CHRISTMAS

Three feasts converge on this day: Mary Mother of God (N.O.), the Octave Day of Christmas, and the Circumcision.

- ✓ Attend Mass
- ✓ Share New Years' resolutions as a family
- ✓ Cook a meal of suckling pig or black-eyed peas, collards, corn bread, and ham
- ✓ Read from *The Liturgical Year*
- ✓ Gain a plenary indulgence by reciting or singing the hymn *Veni Creator Spiritus*\*

2ND CLASS | JANUARY 2

### HOLY NAME OF JESUS

Devotion to the Holy Name is deeply rooted in the sacred scriptures, especially in the Acts of the Apostles.

- ✓ Attend E.F. Mass
- ✓ Gather around the creche and recite the Litany of the Holy Name of Jesus
- ✓ Explain to children why we bow when the Holy Name is spoken and why we say acts of reparation when it is taken in vain
- ✓ Read St. Bernard of Clairvaux's "The Holy Name of Jesus"
- ✓ Pray the Novena to the Holy Name

JANUARY 5

### TWELFTH NIGHT (EPIPHANY EVE)

The Eve of the Feast of the Epiphany is the twelfth day of Christmas, and tonight is known as "Twelfth Night".

- ✓ Attend E.F. Mass and the blessing of water, salt, chalk, and incense
- ✓ Bring the three Magi to the creche and adorn the child Jesus with a crown, ermine, and gold or purple cloth
- ✓ Drink "Lamb's Wool" after a candlelit meal with incense
- ✓ Cook and eat "Three Kings Cake" and celebrate Three Kings Cake festivities

1ST CL./SOL. | JANUARY 6/8

### EPIPHANY OF THE LORD

Epiphany celebrates the adoration of the Magi, the baptism of Christ, and the first miracle at the wedding feast of Cana.

- ✓ Attend Mass
- ✓ Give a gift to commemorate the Magi (Epiphany is known as "Little Christmas")
- ✓ Bless house and write chalk inscription above the door: 20 + C + M + B + (year), (or ask a priest)
- ✓ Read from *The Liturgical Year*
- ✓ Pray the Novena to the Magi

EPIPHANY - SHROVE TUESDAY

### CARNIVAL

A joyous time dedicated to dancing, celebrating, and games—especially in Latin and European countries.

- ✓ Host frequent parties and gatherings with friends and families
- ✓ Organize a parish group to learn one folk dance per week from your ethnic traditions and host weekly parties in the parish hall to share what you learn!
- ✓ Learn a new folk song or hymn weekly
- ✓ Set aside nightly time for playing games and learning new ones with loved ones

## DEVOTION IDEAS

- ✓ Pray a Daily Rosary
- ✓ Pray the Little Office or Divine Office
- ✓ Fast on Wednesdays and Fridays
- ✓ Pray novenas leading up to feast days
- ✓ First Friday or First Saturday devotions
- ✓ Adoration and/or daily Mass
- ✓ Attend the T.L.M. four Sundays in a row
- ✓ Consecration to Jesus, Mary, or Joseph
- ✓ Go to frequent confession (~monthly)
- ✓ Increase tithing or almsgiving
- ✓ Other forms of penance or mortification

\*An indulgence is granted for devotions marked with one chi rho; \*\*Two chi rhos indicate an indulgence can be gained multiple times in one day.

# VIRTUE TRACKER BOOKMARK

Your Virtue Tracker bookmarks are your ticket to spiritual freedom! We mean it. You may very well find this tool to be your number one opportunity for growth, faith, and success with The Saintmaker. You can use them to take aim on patterns of sin by practicing opposing virtues, or you can use them to develop new virtuous habits. With this powerful tool, you'll be amazed at the leverage you have to succeed!



## SINS

### SPIRITUAL SINS

**Pride:** Excessive love of one's own excellence. Overcome by **humility**.

**Envy:** Resentment another's good fortune. Tamed by **brotherly love**.

**Anger:** Angry outbursts, desire for revenge. Overcome by **meekness**.

### CORPORAL SINS

**Sloth:** Laziness, especially in spirituality. Countered by **diligence**.

**Greed:** Excessive desire for earthly goods. Countered by **generosity**.

**Gluttony:** Abuse of food or alcohol. Countered by **temperance**.

**Lust:** Using others for physical pleasure. Countered by **chastity**.

## VIRTUES

### THEOLOGICAL VIRTUES

**Faith:** Belief in God and in all that He has said and revealed to us.

**Hope:** Desire for Heaven and Eternal Life as our happiness.

**Charity:** Love for God above all things; love for our neighbor.

### CARDINAL VIRTUES

**Fortitude:** Firmness in difficulties and constancy in pursuit of good.

**Justice:** Constant and firm will to give God and neighbor their due.

**Prudence:** To know good and choose correct means to achieve it.

**Temperance:** Moderation of pleasure; balanced use of goods.

## VIRTUE TRACKER

	READING	FAITH	CHARITY
M	January		
⊕	90%	100%	90%
1	☆	☆	☆
2	✓	✓	✓
3			
4	↓	↓	↓
5	↓	↓	↓
6	✓	✓	✓
7	✓	✓	✓
8	✓	✗	✗
9	↓	↓	↓
10	✓	✓	✓
11	✓	✓	✓
12	✗	✗	✗
13	✓	✓	✓
14	✓	✓	✗
15	✓	✓	✓
16	✓	✓	✓
17	✗	✗	✓
18	✓	✓	✓
19	✓	✓	✓
20	✗	✓	✓
21	✓	✓	✓
22	✓	✓	✓
23	✓	✓	✓
24	✓	✓	✓
25	↓	↓	↓
26	✗	✓	✓
27	✓	✓	✓
28	✓	✓	✓
29	✓	✓	✓
30	○	○	○
31			
Σ	22/26	23/26	22/26
%	84%	88%	85%

✓ Passed ✗ Failed

↓ Skip day ○ End

☆ Start

## HOW TO USE THE VIRTUE TRACKER

- Choose virtues or habits to cultivate.** You can choose virtues to practice, sins to combat, or habits you want to focus on.
- Write current month.** In the "M" field, write the current month so you can keep track over the course of the season.
- Set your target.** Write the total percentage success rate you'd like to hit for the month. Be realistic. You probably won't hit 100% the first month you're practicing a virtue.
- Track your success.** Complete your Virtue Tracker daily and mark your first successful start and end days with the key provided.
- Count your totals.** At the end of the month, in the "Σ" row, write a fraction that reflects total successes over the number of non-skipped days.
- Calculate success rate.** Divide the fraction to get your success rate.

# WEEKLY EXAMINATION

At a minimum, an Examination of Conscience is a prerequisite for confession, and confession is required at least once a year during the Easter season (i.e., the period starting on Easter Sunday and ending on Pentecost Sunday, 50 days later). St. Paul advises Examination of Conscience prior to receiving the Eucharist.

*"Whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself... If we discerned ourselves, we would not be under judgment."*

– 1 Corinthians 11:28–31

## WEEKLY EXAMINATION

The Weekly Examination is designed to be completed before attending Mass on Sunday. Whether you'll be completing an additional Examination of Conscience in preparation for confession or not, the Weekly Examination will help you identify your broader patterns of sin and grow in virtue week to week.

## MASS PREP, INTENTION, AND REVIEW

The Saintmaker provides three forms of prep and review for weekly Mass: (1) the Mass Prep Checklist gives you basic guidelines for prayerful prep the night before and the morning of, (2) the Mass Intention allows you to pick a specific prayer intention for this particular Mass, and (3) the Mass Review allows you to reflect on what your experience of Mass was, including any insights from the Holy Spirit.

## WEEKLY EXAMINATION

### FOLLOW JESUS *Did you follow our Lord's example?*

I did. I always kept it in mind, which is a big accomplishment—by God's grace!

### STEWARDSHIP *Were you a good steward of God's gifts?*

I spent a bit too much time watching TV, but otherwise did pretty well.

### GOD'S WILL *Did you do God's will or your own?*

I did, and I am noticing more providence the more I practice this.

### CHARITY *Were you charitable towards others?*

I lost patience with my wife 1x, but did well otherwise. Helped Jim move.

### PRAYER *Did you say your prayers with care?*

I missed Rosary 3x this week. Doing well with ejaculatory prayers during day.

### FEAR OF GOD *Did you live in "fear" or awe of God?*

The best way for me to do this is confession. Been a bit—go this week!

### THE FLESH *Did you deny lust and respect your body?*

Yes. I did well in this area. Custody of the eyes/senses is key.

### THE TONGUE *Did you guard your tongue carefully?*

When I get angry or impatient, I usually say things I regret. Did 1x this week.

### TRUST IN GOD *Did you trust in God?*

The main thing is to make acts of faith during the day. Do more this week!

### GRATITUDE *Were you grateful to God for His gifts?*

The Saintmaker Daily Gratitude journal is key! Keep it up!

### MASS PREP

- Finish shopping and work by Saturday night
- Eat a nourishing dinner
- Weekly Examination
- Read Sunday propers and set missal ribbons
- Write a Mass Intention
- Dress and groom well
- Start fast at 12 am (or 1-3 hours before Mass)
- Arrive early to pray
- Complete Mass Review

### MASS INTENTION

- Healing for Edna
- Healing for Leo
- Conversion of parents

### MASS REVIEW

Mass was beautiful today. I really want to learn more Latin hymns, especially Marian hymns. Pick up a traditional hymnal and set a goal!

# WEEKLY OVERVIEW

The Weekly Overview is the next step in the process of bringing your big goals and dreams down to daily action. It's the bridge between your monthly plan and your daily to-do lists, devotions, and aspirations. So, take some meditative time at the start of every week, and lay out your plans starting with reflection on the week before.

Let it be a meditation, and let it result in a plan that will keep you grounded, focused, and motivated throughout the week.

## FIRST WEEK OF JANUARY 2023

### LESSONS LEARNED

*What major spiritual and life lessons did you learn last week?*

This past week was good. Spending more time with the guys was helpful. It always puts things in perspective and helps me be more present with my wife.

### RESOLUTION

*Make a resolution for this week based on lessons learned from last week.*

Call a friend (or visit) mid-week.

### DOMESTIC

Domestic administration: Personal property, debts, family support tasks.

- Research loan options
- Add wife to credit cards

### RECREATION

Personal health and balance: Exercise, hobbies, rest and relaxation.

- Work out 3x
- Hunt 2x in evenings

*Top priorities*

- Dinner with mom and dad
- Help aunt move in
- Fix upstairs doors
- Organize house before TGI
- Bar night with friend Weds.

### VOCATION

Work or vocational: Work commitments, vocational commitments.

- Talk to landlord abt. new loc.
- Do first agency meeting
- Establish upsell sequence
- List of photos + ongoing plan
- Update Asana projects
- Plan for assistant comms.
- Sales #'s tracker

### SPIRITUAL

Sacramental and spiritual life: Mass, devotions, spiritual direction.

- Pray Rosary nightly
- Simple morning prayer routine
- Wednesday daily Mass
- Adoration on Friday?

## LESSONS LEARNED AND RESOLUTION

Start with reflecting on the previous week, then move on to making a strong resolution that carries you into a better week this week.

## AREAS OF LIFE

Start by writing your 1-3 top priority items in the "Top Priorities" section of each Area of Life and then move onto the lower priority items. Try to finish your top priorities early in the week, or be sure to prioritize them each day until they are done.

Cross items off the list as you go to mark them completed.

# DAILY PAGES

Your Daily Pages are where all the magic happens. On a daily basis, you should keep your Saintmaker open to Daily Pages on your desk, or in another central place, where you can keep coming back to it to stay on course and stay focused on our Lord. Update Daily Pages throughout the day by checking off To Do List items, crossing off and writing in Appointments and other activities of the day, and taking spiritual notes or recording the results of your 10-Minute Meditation. When you fill out your Evening Examen, take some time to update Daily Pages to reflect what you actually did. Daily Pages should be an accurate reflection of how you spent your time, and a powerful journaling tool that you can look back on and learn from.

## FEAST AND RANK

Find the current feast and rank in the Monthly Calendar and write here.

## GRATITUDE

Starting the day with gratitude is shown to strengthen recall, deepen resilience, and even improve immunity!

## DAILY CROSS

What is God asking you to carry or to confront? One tip is to meditate on a crucifix while choosing your Daily Cross.

## DEVOTIONS

Daily Devotions could come from your monthly or weekly plans.

- FA = Fasting
- FE = Feasting
- CA = Complete abstinence (from meat, for instance)
- PA = Partial abstinence

## TO DOS AND APPOINTMENTS

Select To Dos from your Weekly Plan. Write them in the "Task" column (see also "Pro Tip").

Use the Appointments section to plan your day.

FRIDAY, JANUARY 8, 2021      FEAST Epiphany      RANK: 1

**GRATITUDE** *What are you grateful to God for today?*

- Another chance to become a saint!
- My family and wife
- Stable and steady work

**DAILY CROSS** *What difficulty can you confront or carry?*

Persevere through work issues

**DEVOTIONS** *What devotions will you perform today?*

FA/FE: N/A      CA/PA: CA

- 1 Epiphany chalk above door
- 2 Family Rosary after dinner
- 3 Read from "Liturgical Year"

**TO DO LIST** *What do you need to do in your vocation?*

#	ABC	TASK	✓	✗
1	A	Wrap up week with team		
1	B	Email John about sequence		
2	A	Contact mom about dinner		
1	D	Respond about trademarks		
1	C	Create cust. serv. SOPs		
2	B	Renew subscriptions		
2	C	Pay affiliates		

**NOTES** *Any notes or issues to keep track of?*

Remember: call Matthew on Sunday  
Buy milk on way home!

**APPOINTMENTS**

Time	Activity
6	Prep/Pray
7	Workout
8	
9	Prep for day
10	
11	
12	Email
1	Pray/Lunch/Read
2	
3	Meet with team
4	Email
5	
6	Adoration
7	
8	Date night!
9	
10	Examen/Pray/Prep Read
11	

Prime  
Terce  
Sext  
None  
Travel Veapers  
Compline  
Mattins (midnight) / Lauds (3 am)

*"You cannot be half a saint; you must be a whole saint or no saint at all." – St. Thérèse of Lisieux*

## PRO TIP

In the "#" column of the Daily To Do List, rank your tasks in order of priority (use 1 for high, 2 for medium, and 3 for low).

In the "ABC" column, put tasks in order of accomplishment (use A for first, B for second, C for third, and so on).

Track task status in the fourth column. "✓" completes a task. "×" cancels a task. "→" forwards a task to a later date. "Ⓜ" delegates a task (the letter is first initial of delegatee's name).

### MEDITATION JOURNAL

God's love reaches all areas of my life. I can say "no" to it, because He allows me to exercise free will. But He wants me to say yes, because He wants to be close to me. How do I know this? He came down from Heaven to be close to us. This is HUGE. So I can say yes, but I also need to start living that way. Of course, I do both with his grace...

#### 10-MINUTE MEDITATION

- ✓ 30s – Place yourself into God's presence
- ✓ 4m – Read or reflect on a holy subject or image
- ✓ 1m – Examine yourself in light of the subject
- ✓ 2m – Note "affections" that arise, add others
- ✓ 2m – Petition God (based on subject, then make general petitions)
- ✓ 30s – Make a single practical resolution for the day and keep it!

### MEDITATION JOURNAL

Follow the prompts to complete a daily meditation. Pope Francis tells us, "For us Christians, meditating is a way to encounter Jesus. And in this way, only in this way, we rediscover ourselves."

We highly recommend the book *The Ways of Mental Prayer* by Dom Vitalis Lehodey to help you deepen this practice.

### RESOLUTION

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

Journal more about how I am holding back. Re-commit to Him.

### EVENING EXAMEN JOURNAL

#### PREPARATION FOR EVENING EXAMEN

*Most holy and adorable Trinity, one God in three Persons, I believe that Thou art here present. I adore Thee with the deepest humility; and render to Thee with my whole heart, the homage which is due to Thy sovereign Majesty.*

### GRATITUDE

*List benefits received from God. Remember to thank Him even for your challenges.*

- Powerful help with new marketing goals
- The grace to persevere through a difficult time
- The blessing of difficulty to help me become a saint!

### EXAMEN

*Examine your thoughts, words, actions, and omissions in light of virtues, vices, God's will.*

I prayed throughout the day. I thought of God quite a few times. I did neglect spiritual reading, and that is always a really helpful thing to do. Was impatient, but didn't succumb.

### RESOLUTION

*Resolve to become a saint. Identify one practical step that you can take tomorrow.*

Do spiritual reading before bed instead of lunch.

## PRO TIP

if you choose not to meditate, use this section for spiritual notes and insights throughout the day.

### EVENING EXAMEN

The Evening Examen is one of your greatest opportunities for growth. From St. Ignatius of Loyola, the practice of examining your day includes a review of the ways that God walked with you and the ways you struggled to accept His help. The Evening Examen is sure to become an invaluable practice for you.

### ACT OF CONTRITION

*O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life.*

# EXAMINATION OF CONSCIENCE

The Saintmaker provides a more robust Examination of Conscience than you'll see anywhere else—and it puts it all at your fingertips! Although the Church only requires one confession per year during the Easter Season, more regular confession is one of the surest paths to sanctification available to Catholics. The Saintmaker includes six confession journals per season.

*"Every Christian, therefore, must examine his conscience and cease putting off the hour of his conversion [i.e., confession] from day to day; he ought not to expect to satisfy God's justice on his death-bed."*

– Pope St. Leo the Great

## MULTIPLE EXAMINATIONS

Where other Examinations of Conscience stop at one "angle" of examination, The Saintmaker provides multiple opportunities to examine your conscience. Over time, you'll not only learn which sins and shortcomings you tend towards, you'll also learn to identify broad patterns that will really help you hone in on what's holding you back from sainthood.

### TEN COMMANDMENTS

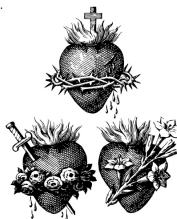
- I. I am the Lord, thy God ... Thou shalt have no strange Gods before me
- II. Thou shalt not take the name of the Lord thy God in vain
- III. Remember to keep Holy the Sabbath day
- IV. Honor thy father and mother
- V. Though shalt not kill
- VI. Thou shalt not commit adultery
- vii. Thou shalt not steal
- viii. Thou shalt not bear false witness against thy neighbor
- IX. Thou shalt not covet thy neighbor's wife
- X. Thou shalt not covet thy neighbor's goods

### CHURCH COMMANDMENTS

1. To assist at Mass on Sundays and holy days of obligation
2. To fast and abstain on the days appointed
3. To confess at least once a year
4. To receive Holy Eucharist during Easter Time (i.e. the time after Lent before Pentecost)
5. To contribute to the support of the Church
6. To observe the laws of the Church concerning marriage

### SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

- |                   |                      |
|-------------------|----------------------|
| 1. Pride .....    | ..... Humility       |
| 2. Avarice .....  | ..... Liberality     |
| 3. Lust .....     | ..... Chastity       |
| 4. Anger .....    | ..... Meekness       |
| 5. Gluttony ..... | ..... Temperance     |
| 6. Envy .....     | ..... Brotherly love |
| 7. Sloth .....    | ..... Diligence      |



### FOUR SINS WHICH CRY TO HEAVEN

1. Willful murder
2. Non-procreative sexual acts
3. Oppression of the poor
4. Defrauding the laborer of his wages

### NINE WAYS TO BE ACCESSORY TO SIN

1. By counsel
2. By command
3. By consent
4. By provocation
5. By praise/flattery
6. By concealment
7. By partaking
8. By silence
9. By defense

### WORKS OF MERCY

#### SEVEN CORPORAL

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit and ransom the captives
5. To harbor the harborless
6. To visit the sick
7. To bury the dead

#### SEVEN SPIRITUAL

1. To admonish sinners
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead



## EXAMINATION OF CONSCIENCE

*Recall that this confession may be the last of your life. Pray for the grace to prepare yourself as if you were lying sick upon your deathbed, on the edge of the grave.*

### PRAYER BEFORE EXAMINATION

Most merciful God, Father in heaven, relying on Thy goodness and mercy, I come to Thee with filial confidence to confess my sins and to implore Thy forgiveness. Thou wilt not despise a contrite and humble heart. Bless me and receive me again into Thy favor. I acknowledge that I have been most ungrateful, but I sincerely repent and detest the wrong I have done, and I desire to walk in the way of perfection in accord with Thy holy will.

O Jesus, my Savior, my good Shepherd, I have strayed far from the path that Thou hast marked out for me; I did not follow in Thy footsteps; I wandered into forbidden places. Repentant and sorrowful, I beg to be admitted into the fold of Thy faithful followers. I want to confess my sins with the same sincerity as I should wish to do at the moment of my death. My Jesus, I look to Thee with confidence for the grace to examine my conscience well.

O Holy Ghost, come; enlighten my mind and strengthen my will that I may know my sins, humbly confess, and amend my life. Holy Mother, immaculate Spouse of the Holy Ghost, refuge of sinners, intercede for me. Angels and saints of God, pray for me. Amen.

**Begin by examining yourself on your last confession.** Have you forgotten a sin due to a poor examination, or concealed a sin out of shame? Did you confess without true sorrow or without the intention to change your behavior? Have you repaired evils done to your neighbor? Did you say your penance without voluntary distraction? Have you neglected your confessor's counsel?

### EXAMINATION CHECKLIST

- ✓ Ten Commandments
- ✓ Commandments of the Church
- ✓ Seven Deadly Sins
- ✓ Four Sins which Cry to Heaven for Vengeance
- ✓ Nine Ways of Being Accessory to Another Person's Sin
- ✓ Seven Spiritual Works of Mercy
- ✓ Seven Corporal Works of Mercy

### SINS AND SHORTCOMINGS

- I lost patience with my wife 1x
- I despaired about a situation at work 1x
- I was envious of Jim
- I drank a bit too much on Friday night

Describe any spiritual advice given.

Father said to go to St. Joseph and follow his example for an inner life and good prayer routines.

**As you approach the confessional,** do so with the same heartfelt recollection and reverence that you would if Christ our Lord were there Himself ready to hear your confession. Be assured: a Catholic priest really is the representative of Christ.

### ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love Thee my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life.

## EXAMINATION OF CONSCIENCE

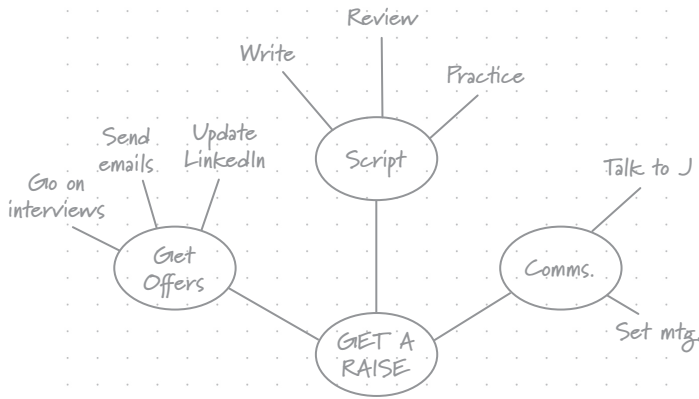
Here's how to use this page (and complete your confession):

1. Make the sign of the cross and prayerfully read the recollection at the top of the page.
2. Pray the Prayer before Examination prior to your Examination of Conscience.
3. Examine yourself on your last confession.
4. Use each Examination provided to perform your Examination of Conscience; write your Sins and Shortcomings in the area provided.
5. Read the "As you approach the confessional" section as a reminder before going into the confessional.
6. Recount your sins. Accept Father's spiritual direction and penance.
7. Say your Act of Contrition.
8. Complete your penance.
9. Summarize Father's spiritual advice in the area provided.



"I have said before, and I shall say again, that I write this book for love of Your love." – St. Augustine

3



### OVERVIEW

I want to get a raise. I want to get a couple other offers before I approach my boss. For options, and also for leverage. I'd like to have all of this done by February 15<sup>th</sup> at latest.

### NEXT STEPS

Create goal journal and start to schedule detailed tasks in Saintmaker Monthly Calendars.

## PERSONAL JOURNAL PAGES

The Personal Journal pages are powerful tools that can be used in as many different ways as your imagination allows.

Here are some ideas:

- Mindmapping
- Reflections on life and spiritual events
- A sketch pad for doodling ideas
- Homily and spiritual talk notes
- Class or training notes
- Personal diary
- Extra space for goal planning
- Budgeting

The Saintmaker Personal Journal pages include dotted page grids, rather than lined pages, to give you the flexibility to draw, graph, make tables, write, and scribble freely.

Write in the dates and topics that each page covers in the space provided for easy reference.

# DISCERNMENT JOURNAL

The Saintmaker Discernment Journal is a tool unlike any other in the Catholic world or beyond. There has never been a more powerful, more simple-to-use, tool for making big decisions in your life. Powered by the discernment practice that St. Ignatius of Loyola prescribes in his *Spiritual Exercises*, we offer four Discernment Journals per season to help you confidently make decisions in accord with God's will for your life.

These are advanced tools that should be combined with frequent use of our other tools for reflection and personal examination.

## INQUIRY

Describe your main inquiry. It can take the form of a question, a desire, an opportunity, or an idea.

## PREPARATION FOR DISCERNMENT

A brief meditation as prescribed by St. Ignatius that puts you into the right and receptive mindset to discern the proper path.

## EXAMINATION

Examine the options that you have side by side. Narrow it down to 2.

### PRO TIP

If you need to weigh more choices, set up a similar table in your Personal Journal.

## COUNSEL, DEATH, AND JUDGMENT

Look at your best choice through St. Ignatius's three decision making filters.

## REFLECTIONS

Reflect on your experience and insights.

## DISCERNMENT JOURNAL

### INQUIRY

*What is the object of your inquiry? Describe the decision you are deliberating.*  
Should I get a new job in engineering, and leave behind my old one?

### PREPARATION FOR DISCERNMENT

*Pray for the grace to "try to be like a balance at equilibrium, without leaning to either side" (Spiritual Exercises). Try not to prefer one option to the other but only desire to do God's will. To help maintain focus and perspective, keep the ultimate goal of your existence clearly in mind: to glorify God and to save yourself. Pray for God to enlighten and move you to seek only what is most conducive to God's service and praise.*

### EXAMINATION

*Weigh the two options that you are considering by the light of reason.*

	STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
CHOICE 1	<ul style="list-style-type: none"> <li>Supportive team</li> <li>Excellent managers</li> <li>Stability in family</li> <li>Enjoyable work</li> <li>Plenty of \$</li> </ul>	<ul style="list-style-type: none"> <li>Discouraging</li> <li>Temptation to despair</li> <li>Poor leadership</li> </ul>	<ul style="list-style-type: none"> <li>Learn obedience</li> <li>Respect the office, encourage person</li> <li>Practice patience</li> <li>Become the leader that I desire</li> </ul>	<ul style="list-style-type: none"> <li>Succumbing to despair</li> </ul>
CHOICE 2	<ul style="list-style-type: none"> <li>Motivating</li> </ul>	<ul style="list-style-type: none"> <li>Uncertain during important time for family</li> <li>Might miss chance to grow in virtue</li> <li>Required pay cut</li> </ul>	<ul style="list-style-type: none"> <li>Personal fulfillment</li> </ul>	<ul style="list-style-type: none"> <li>Could be neglecting my duty, while pursuing my own wishes</li> </ul>

### COUNSEL

*What counsel would you give another whose salvation was of concern to you?*  
Your work is an opportunity for your salvation; it's hard but, it's what God asks of you and it's your path to true freedom.

### DEATH

*Imagine you are at the moment of death. How would you wish to decide?*  
To bear the difficult situation until God asks me to change.

### JUDGMENT

*At the time of final judgment, what choice would you hope to have made?*  
To accept suffering to be like Christ.

### FINAL OFFERING

*The choice being made, offer it to God in prayer, and beg of Him, if it is agreeable, to receive it and confirm you in it.*

### REFLECTIONS

*Note any final reflections on this process and thank God for its fruits.*  
This was NOT what I wanted, but I am now more motivated about doing the RIGHT thing than what I want!

# SEASONAL PREVIEW

The Seasonal Preview was the most-often-requested feature of The Saintmaker in the first year of our launch. This convenient tool, called “Rolling Quarters” in other planners, enables you to plan ahead for a full year. Whether you are planning for future appointments and events, taking notes to yourself about key routines to repeat when the current season repeats itself next year, or brainstorming your ideal seasonal flow, the Seasonal Preview is the tool you need.

## SEASONAL PREVIEW | SPRING 2023

	APRIL	MAY	JUNE
1	S	M	T
2	S	T	F Local vacation night 1
3	M	W	S Local vacation night 2
4	T	T	S Travel home
5	W	F	M
6	T Holy Thursday Mass	S	T
7	F Good Friday Mass (DAY OFF)	S	W
8	S	M	T Corpus Christi Mass + procession (DAY OFF)
9	S Easter Mass + brunch	T	F
10	M	W	S
11	T	T	S
12	W	F	M
13	T	S	T
14	F	S Mother's day dinner	W
15	S	M	T
16	S Dad's b-day party	T	F Brother's b-day party
17	M	W	S
18	T	T Ascension Mass	S Father's day dinner
19	W	F	M
20	T	S Balloon festival!	T
21	F	S	W
22	S	M	T
23	S	T	F Beth's b-day party
24	M	W	S
25	T	T	S
26	W	F St. John's bonfire	M
27	T	S	T
28	F	S Pentecost + fam. dinner	W
29	S	M Memorial day parade + barbeque	T
30	S	T	F
31		W	

### WEEKDAY FIELDS

You can use these blank cells to write the initials of the days of the week for the month.

### EVENT FIELDS

Write your future events in the blank event field cells on the Seasonal Preview.

### PRO TIP

Keep your future events very high-level. You don't need to plan every day or every detail of each future month. This represents your general "map" of future months, not a detailed plan.

### NOTES

Main goal for these three months is to celebrate a very HOLY WEEK, and to create some opportunities for family get-togethers to kick off the summer with a sense of unity and togetherness.

“*The saints live not after the fashion of the world ... The dignity of the saints is so great because they are not of this world, but ‘of the household of God.’*”

ST. THOMAS AQUINAS

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