

**DAILY DISCIPLINE 1:**

No hot showers  No alcohol  No soda or sweetened drinks  No television or movies  No social media  No bad language  No complaints  No obscene jokes or conversations  only music that lifts the soul to God  Daily rosary  examination of conscience  40 minutes in silent prayer

**DAILY DISCIPLINE 2:**

No hot showers  No alcohol  No soda or sweetened drinks  No television or movies  No social media  No bad language  No complaints  No obscene jokes or conversations  only music that lifts the soul to God  Daily rosary  examination of conscience  40 minutes in silent prayer

**DAILY DISCIPLINE 3:**

No hot showers  No alcohol  No soda or sweetened drinks  No television or movies  No social media  No bad language  No complaints  No obscene jokes or conversations  only music that lifts the soul to God  Daily rosary  examination of conscience  40 minutes in silent prayer

**DAILY DISCIPLINE 4:**

No hot showers  No alcohol  No soda or sweetened drinks  No television or movies  No social media  No bad language  No complaints  No obscene jokes or conversations  only music that lifts the soul to God  Daily rosary  examination of conscience  40 minutes in silent prayer

**DAILY DISCIPLINE 5:**

No hot showers  No alcohol  No soda or sweetened drinks  No television or movies  No social media  No bad language  No complaints  No obscene jokes or conversations  only music that lifts the soul to God  Daily rosary  examination of conscience  40 minutes in silent prayer

**DAILY DISCIPLINE 6:**

No hot showers  No alcohol  No soda or sweetened drinks  No television or movies  No social media  No bad language  No complaints  No obscene jokes or conversations  only music that lifts the soul to God  Daily rosary  examination of conscience  40 minutes in silent prayer

**DAILY DISCIPLINE 7:**

No hot showers  No alcohol  No soda or sweetened drinks  No television or movies  No social media  No bad language  No complaints  No obscene jokes or conversations  only music that lifts the soul to God  Daily rosary  examination of conscience  40 minutes in silent prayer

**WEEKLY DISCIPLINE:**

Exercise (4d)				
Adoration (4d)				
Fasting (1d)				

*4 weekly 40 minute study assemblies with Father*

**DAILY EXAMINATION:**

- Ask God for light. Examine the day in God’s eyes, not mine.
- Give thanks. Be grateful for it because it’s His gift to us.
- Review the day. I carefully look back on the day just completed, being guided by the Holy Spirit.
- Face your shortcomings. I face up to what is wrong—in my life and in me.
- Look toward the day to come and ask God to guide.

1. Desire of being esteemed?	15. Fear of being wronged?
2. Desire of being loved?	16. Fear of being suspected?
3. Desire of being extolled?	17. Other be loved more than I?
4. Desire of being honored?	18. Other be esteemed more than?
5. Desire of being praised?	19. Opinion about others increase and mine decrease?
6. Desire of being preferred to others?	20. Other be chosen and I set aside?
7. Desire of being consulted?	21. Other be praised and I unnoticed?
8. Desire of being approved?	22. Allow other to supersede me in everything?
9. Fear of being humiliated?	23. Am I holy enough?
10. Fear of being despised?	
11. Fear of suffering rebukes?	
12. Fear of being calumniated?	
13. Fear of being forgotten?	
14. Fear of being ridiculed?	