

Finances

Stewardship Statement:

God has called me to manage my money wisely. We are working hard to pay down debt, increase our passive income and live a minimalist lifestyle. I am responsible for teaching my children about money and setting a good example of financial planning for them.

Mission Statement:

I am a good steward of all that God has blessed me with. I am diligent in managing my spending and my savings. I pay things on time. I purchase things intentionally. I support people and causes in my community. I am debt-free and financially stable.

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Homemaking

Stewardship Statement:

God has called me to run a peaceful, Christ-centered home. I am responsible for making sure it is safe, clean and welcoming. I order backups of things we use often so we don't run out and our house runs smoothly.

Mission Statement:

I create an atmosphere of peace in my home. My family works together to be good stewards of our house and everything in it. We keep things tidy and clean so we can be safe and enjoy our environment. We live liturgically through decorations, feasts, fasts and prayer.

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St. Faustina

"When I see that the burden is beyond my strength, I do not consider or analyze it or probe into it, but I run like a child to the Heart of Jesus and say only one word to Him: "You can do all things." And then I keep silent, because I know that Jesus Himself will intervene in the matter, and as for me, instead of tormenting myself, I use that time to love Him." (1033, page 392) St. Faustina

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Aims, Habits and Tasks

Homemaking

- ◇ Mon/Thur All Laundry
- ◇ Wed Bathrooms
- ◇ Kids declutter before nap and bed
- ◇ Deep clean one room per month
- ◇ Take inventory/restock end of month

Finance

- ◇ Meal plan and grocery budget
- ◇ Manage personal/business budget
- ◇ Pray over major purchases
- ◇ Create a Catholic income stream
- ◇ Pay down debt

Rest

- ◇ Digital sunset at 8 p.m.
- ◇ No work on Sundays
- ◇ Drink tea/read a book daily
- ◇ Take a bubble bath
- ◇ Spend 15 minutes in silence

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Health

Stewardship Statement:

God has given me an earthly temple to house my soul. It is my responsibility to take care of my body so I can do the work God has called me to do. I'm responsible for living a healthy lifestyle as a good example to my children.

Mission Statement:

I am at a healthy weight for my life situation. I drink at least 64 oz. of water every day, and I nourish my body by eating mostly whole foods as my diet. I live an active lifestyle, and I work on strength training at least three days a week so I stay strong. I enjoy doing active things with my husband and my children. I turn off all my electronics at 7 p.m., and I get eight hours of sleep every night.

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Rest

Stewardship Statement:

Keep Holy the Sabbath. God calls me to rest my mind and my body so I can have strength to do the work he calls me to. I am responsible for carving out time to rest and finding genuine activities to help me recharge.

Mission Statement:

I take time to rest my mind, body and soul so I can rejuvenate. I create and protect times of silence and rest. I look for ways to rest alone, rest with my husband and rest in Jesus. When my temper is rising or my stress level is getting too intense, I set aside time to rest.

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Overcome Common Obstacles

- ◇ Don't sleep in—set your alarm to get up before the kids
- ◇ Don't spend too much time on social media—limit your check in times
- ◇ Don't go too long without eating—eat breakfast so you don't carb out in the afternoon
- ◇ Don't go too long without spending care-free timelessness with Michael— the business can wait, have fun together
- ◇ Don't be stinky—take a shower daily
- ◇ Don't skip dinner—eat some protein and vegetables before 7 p.m.
- ◇ Don't get dehydrated—drink lots of water throughout the day
- ◇ Don't ignore the children—spend time reading with them every day
- ◇ Don't skip Adoration—you know you need this every single week

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Bible Verses I Like

"So, whether you eat or drink, or whatever you do, do all to the glory of God." 1 Corin. 10:31

"But I say, walk by the Spirit, and do not gratify the desires of the flesh." Galatians 5:16

"Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come." 2 Corinthians 5:17

"For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope." Jeremiah 29:11

"Whatsoever you do, do it from the heart, as to the Lord, and not to men." Colossians 3:23

"Be subject therefore to God, but resist the devil, and he will fly from you." James 4:7

"Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act." Psalm

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Motherhood

Stewardship Statement:

God has asked me to love and care for Rose, Poppy and Violet. It is my responsibility to raise them up in the Catholic faith and to instill in them virtues and the love of learning.

Mission Statement:

I awaken wonder in my children about God, nature, truth, goodness and beauty by exposing them to great literature, spending time outdoors and loving them. I discipline them to teach them self-control and build up their confidence by teaching them how much God loves them.

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Signs I'm Out Of Tune

- I snap at my children out of anger;
- I soothe my stress by eating unhealthy food and I eat it too quickly;
- I don't stick to my prayer routines;
- I focus on what my husband can do for me instead of what I could do for him;
- I daydream about buying a new house, getting a puppy, or starting a business;
- I put off working on my ministry to watch television online;
- I stop showering;
- I wallow in sadness;
- I allow the house to get dirty and cluttered, not because I'm busy, but because I don't feel like doing anything;
- I stay home for more than five days without seeing anyone except my family.

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Psalm 23

A Psalm of David.

1 The Lord is my shepherd, I shall not want;
2 he makes me lie down in green pastures.
He leads me beside still waters;
3 he restores my soul.
He leads me in paths of righteousness
for his name's sake.
4 Even though I walk through the valley of the
shadow of death,
I fear no evil;
for thou art with me;
thy rod and thy staff,
they comfort me.
5 Thou preparest a table before me
in the presence of my enemies;
thou anointest my head with oil,
my cup overflows.
6 Surely goodness and mercy shall follow me
all the days of my life;
and I shall dwell in the house of the Lord
for ever.

6

Psalm 4—A Psalm of David

Confident Plea for Deliverance from Enemies

To the choirmaster: with stringed instruments.

1 Answer me when I call, O God of my right!
Thou hast given me room when I was in distress.
Be gracious to me, and hear my prayer.
2 O men, how long shall my honor suffer shame?
How long will you love vain words, and seek after lies
3 But know that the Lord has set apart the godly for
himself; the Lord hears when I call to him.
4 Be angry, but sin not; commune with your own hearts
on your beds, and be silent.
5 Offer right sacrifices, and put your trust in the Lord.
6 There are many who say, "O that we might see some
good! Lift up the light of thy countenance upon us, O
Lord!"
7 Thou hast put more joy in my heart
than they have when their grain and wine abound.
8 In peace I will both lie down and sleep;
for thou alone, O Lord, makest me dwell in safety.

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Things That Drag Me Down

- ◇ Watching too much television
- ◇ Sappy romance novels
- ◇ Bad food (too much dairy and sugar)
- ◇ Not enough sleep or water
- ◇ Missing deadlines
- ◇ Too much time on social media/news
- ◇ Feeling disconnected from Michael
- ◇ Not reading books to the girls
- ◇ Not leaving the house for 3+ days
- ◇ Focusing on myself and not thinking about ways to love and serve Michael
- ◇ Wishing for a different job, house, or lifestyle

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Marriage

Stewardship Statement:

God has entrusted Michael to me as my husband. My job is love him, respect him, and to lead him to Heaven. It is my responsibility to show a good example of marriage to my children. God has called me to use my marriage as an example of God's love in the world.

Mission Statement:

Our marriage is built on a foundation of Jesus and our great Catholic faith. I am a help mate to my husband. I am constantly asking myself how I can help him to become a saint in Heaven. We have great communication, intimacy and passion. We work hard and play hard together. We have a weekly date night and spend one weekend away together alone annually.

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Offer It Up

Day of Month	Person/ Cause To Pray For
1	
2	
3	
4	
5	
6	
7	
8	

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Sorrowful Mysteries

(Tue, Fri and daily from Ash Wed. to Easter Sunday)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

Glorious Mysteries

(Wed and Sundays throughout the year)

1. The Resurrection
2. The Ascension of Our Lord
3. The Descent of the Holy Spirit
4. The Assumption of Our Lady into Heaven
5. The Coronation of the Blessed Virgin Mary

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Spirituality

Stewardship Statement:

God has called me to be a saint. He made me to know Him, love Him, and serve Him. I do this by wasting time with him in prayer and by getting to know his mother, Mary. I have the Church and the communion of saints as resources to build up my faith.

Mission Statement:

I am striving for sainthood. I pray all throughout the day. My faith is central to everything I do and I spread God's love wherever I go. I have a personal relationship with Jesus and our Blessed Mother. I lead others to our great Catholic faith by living my life as an example of love and being an evangelist.

Things That Build Me Up

- ◇ Reading Catholic books
- ◇ Listening to Fr. Jon Riccardo, Matthew Kelly or Brian Johnson
- ◇ Taking a walk outside
- ◇ Reading books with the girls
- ◇ Time in Adoration
- ◇ Going to confession
- ◇ Going to Daily Mass
- ◇ Working on Coffee & Pearls or the Catholic Mom Challenge
- ◇ Getting out of the house/visiting a friend
- ◇ Making a meal for a new mom
- ◇ Playing a board game with Michael
- ◇ Baking something with the girls to celebrate a saint

Joyful Mysteries

(Mon, Sat, Sun of Advent and Sun from Epiphany to Lent)

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation in the Temple
5. The Finding of the Child Jesus in the Temple

Luminous Mysteries

(Thursdays)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Offer It Up

Day of Month	Person/ Cause To Pray For
9	
10	
11	
12	
13	
14	
15	
16	

Prayer To Mary

Mary, I want to be a saint. I know that you also want me to be a saint and that it's your God-given mission to form me into one. So, Mary, at this moment, on this day, I freely choose to give you my full permission to do your work in me, with your Spouse, the Holy Spirit.

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St. Elisabeth Ann Seton

If I had to advise parents, I should tell them to take great care about the people with whom their children associate...Much hard may result from bad company, and we are inclined by nature to follow what is worse than what is better.

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.

Cheerfulness prepares a glorious mind for all the noblest acts.

Be attentive to the voice of grace.

Disorder in society is the results of disorder in the family.

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Offer It Up

Day of Month	Person/ Cause To Pray For
17	
18	
19	
20	
21	
22	
23	
24	

Please make of me, of all that I am and have, whatever most pleases you. Let me be a fit instruments in your immaculate and merciful hands for brining the greatest possible glory to God. If I fall, please lead me back to Jesus.

Wash me in the blood and water that flow from his pierced side, and help me never to lose my trust in this fountain of love and mercy.

With you, O Immaculate Mother – you who always do the will of God—I unite myself to the perfect consecration of Jesus as he offers himself in the Spirit to the Father for the life of the world.

Amen.

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Matthew Kelly Quotes

"Many people falsely believe that if you want to be holy, you are not allowed to enjoy life...Holiness brings us to life. It refines every human ability. Holiness doesn't dampen our emotions; it elevates them. Those who respond to God's call to holiness are the most joyful people in history. They have a richer, more abundant experience of life, and they love more deeply than most people can every imagine. They enjoy life, all of life."

"We can never get enough of what we don't really need."

"Never believe a promise from a man or woman who has no discipline. They have broken a thousand promises to themselves, and they break their promise for you."

"If you give your body a choice, it will always take the easy way out. Your body lies. It tells you it cannot when it can."

"Life is about saying yes to the things that help you become the-best-version-of-yourself and no to the things that don't."

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Aims, Habits and Tasks

Spirituality

- ◇ Say consecration vows daily
- ◇ Read the Bible every a.m./p.m.
- ◇ Pray my rosary daily
- ◇ Pray Divine Mercy Chaplet at 3 p.m.
- ◇ Write in my prayer journal daily
- ◇ Go to confession once a month
- ◇ Go to Adoration weekly

Marriage

- ◇ Pray for Michael every day
- ◇ Celebrate a weekly date night
- ◇ Read four marriage books per year
- ◇ Pray every morning together
- ◇ Pray together before bedtime
- ◇ Take one weekend away together
- ◇ Make our Marian consecration vows annually on November 21st

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Marian Consecration

I, Sterling Jaquith, a repentant sinner, renew and ratify today in your hands, O, Immaculate Mother, the vows of my Baptism. I renounce Satan and resolve to follow Jesus Christ even more closely than before.

Mary, I give you my heart. Please set it on fire with love for Jesus. Make it always attentive to his burning thirst for love and for souls. Keep my heart in your most pure Heart that I may love Jesus and the members of his Body with your own perfect love.

Mary, I entrust myself totally to you: my body and soul, my goods, both interior and exterior, and even the value of all my good actions.

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Offer It Up

Day of Month	Person/ Cause To Pray For
25	
26	
27	
28	
29	
30	
31	

"When it is all over you will not regret having suffered; rather you will regret having suffered so little, and suffered that little so badly."

--St. Sebastian Valfre

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Aims, Habits and Tasks

Motherhood

- ◇ 60 minutes of reading time daily
- ◇ 60 minutes outdoor time daily
- ◇ Memorize scripture verse and virtue phrase weekly
- ◇ Pray for each child daily
- ◇ Rose (teach to read and write)
- ◇ Poppy (teach to ride a bike and recognize letters and numbers)
- ◇ Violet (feed healthy food)

Health

- ◇ Drinks 64+ ounces of water daily
- ◇ Eat lots of whole foods
- ◇ Eat less gluten, sugar, and dairy
- ◇ Exercise (even lightly) everyday
- ◇ Take a walk outside when possible

St. Faustina Quote

My daughter...why do you not tell me about everything that concerns you, even the smallest details? Tell Me about everything, and know that this will give Me great joy. I answered, But You know about everything, Lord."

And Jesus replied to me, "Yes I do know; but you should not excuse yourself with the fact that I know, but with childlike simplicity talk to Me about everything, for my ears and heart are inclined towards you, and your words are dear to Me.

For more writings about striving for sainthood in everyday life, you can visit www.sterlingjaquith.com

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*Something amazing
is going to happen
today!*