

Lenten Checklist

To start: A thorough Examination of Conscience and a good Confession: Date _____

The main bad habit I want to eradicate _____.

The contrary virtue I want to cultivate _____.

I give up the following to eradicate my bad habit and/or in the spirit of mortification and sacrifice:

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

I take on the following to help cultivate my desired virtue and/or in the spirit of charity and sacrifice:

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Reparations I need to make, the people to whom I have to make them, and how I will do it:

My Lenten Reading List:

Daily prayer plan (e.g., Morning Offering, Rosary, Angelus, etc.):

Morning: _____

During the Day: _____

Evening: _____

Before Bed: _____

Jesus Christ, Son of the Living God, have mercy on me, a sinner.