



# saint Me?!

A PRACTICAL GUIDE TO  
BUILDING AND LIVING YOUR  
PERSONAL PLAN TOWARD SAINTHOOD

## WORKSHEETS

Don't have the book yet?  
Grab it [here](#).



# Suggested Timeline

WEEK	AREA OF FOCUS	CHAPTERS
1	Part 1: Introduction Part 2: Strategy	1-5 6-8
2	Part 3: Mission Development	9-11
3	Part 4: The Right Things	12-16
4	Part 5: The Right Way	17-22
5	Part 6: Life Plan Development	23-26
At your own pace	Part 7: Inspiration	27-30

**Note:** Remember Sunday is a day of rest. Personally I find Sundays to be great reading days. It might help to preview the chapters for the upcoming week on Sunday, but please leave the work for later.



# Life Philosophy

## Personal FROYEN Philosophy

- **F**reedom—We all have the freedom to choose to do whatever we want (free will).
- **R**esponsibility—With this freedom comes great responsibility to understand the mission God has for us and to utilize the gifts He has given us in order to achieve our true potential.
- **O**ne—There is really only one person we can rely upon to make this happen.
- **Y**ou—The choices you make and the actions you take all have consequences; choose wisely and act accordingly.
- **E**njoy—If you are truly doing what you were meant to do, you will be happy. Adopt an attitude of gratitude for the opportunity to make a lasting positive difference in the world.
- **N**ever—Never give up, and have faith that you will succeed by being persistent, patient, and confident that you will improve a little every day.

## General Life Philosophy

- We all have a responsibility to recognize the potential we have to improve the world.
- We all need to hold ourselves accountable to realize that potential.
- It takes laser focus, hard work, determination and persistence, common sense, keeping things simple, and a constant striving for excellence to avoid the distractions that can interfere with our responsibility.
- Remember to incorporate fun into daily activities, be patient as difficulties are encountered, enjoy the process, be thankful, and celebrate your accomplishments along the way.

## YOUR Life Philosophy

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_



# Saint or Ain't

## Instructions

1. List the traits and behaviors that you envision as being saintly in the left column.
2. Do the same for what you regard as unsaintly in the right column.

Saint

Ain't

3. Circle the traits and behaviors in both columns that you most closely associate with yourself currently. Take a moment a moment to think about the following questions and any others you feel are relevant.

- Are most of your circled behaviors in the Saint column or the Ain't column? \_\_\_\_\_
- What are you doing well? \_\_\_\_\_
- In what specific areas could you do better? \_\_\_\_\_
- Do you truly want to do better? \_\_\_\_\_
- Are you going to be a saint or an ain't? \_\_\_\_\_



# Mission Finder—Phase I

## Current Mission

What do you spend the bulk of your time doing?

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Who do you do it for?

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What benefit do they get from it?

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Is your current mission the best use of your natural gifts? (Circle) **Yes No**

Why or why not? \_\_\_\_\_

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Does your current mission provide a significant benefit to others? **Yes No**

Why or why not? \_\_\_\_\_

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Do you think about your current mission and want to be doing it most of the time? **Yes No**

Why or why not? \_\_\_\_\_

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Do you usually feel self-satisfied when you are doing your current mission? **Yes No**

Why or why not? \_\_\_\_\_

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Are you continually striving to become better at your current mission? **Yes No**

Why or why not? \_\_\_\_\_

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**CONTINUED ▶**



# Mission Finder—Phase I

Can you see yourself doing your current mission all your life? **Yes No**

Why or why not? \_\_\_\_\_

\_\_\_\_\_

Does your current mission encourage you to behave morally and are you able to do so? **Yes No**

Why or why not? \_\_\_\_\_

\_\_\_\_\_

If you knew you were going to die in the next year, would you continue your current mission? **Yes No**

Why or why not? \_\_\_\_\_

\_\_\_\_\_

## Revised or Alternative Mission

What do/will you do with the bulk of your time?

\_\_\_\_\_

\_\_\_\_\_

Who do/will you do it for?

\_\_\_\_\_

What benefit do/will they get from it?

\_\_\_\_\_

\_\_\_\_\_



## Mission Finder—Phase II

### Potential Mission

What will you do?

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Who will you do it for?

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What benefit will they get from it?

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### Your Strengths

What are your natural talents?

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What skills have you learned?

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What other strengths would you like to develop?

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### Your Interests

What interests do you have that could provide value to others?

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What do others need or want that you could become interested in providing?

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### Alternate Potential Mission

What will you do?

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Who will you do it for?

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What benefit will they get from it?

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# Mission Finder—Phase III

## SWOT Analysis

<b>STRENGTHS</b> Natural and acquired talents	<b>OPPORTUNITIES</b> Needs or wants of others that I could fulfill
<b>WEAKNESSES</b> Traits to overcome or acknowledge	<b>THREATS</b> Barriers to success posed by the world

## Potential Mission

What will you do?

---

Who will you do it for?

---

What benefit will they get from it?

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# Happiness Index

- When you've completed your Ratings, count the Number of Years corresponding to each Score Range grouping and enter the numbers below. Add your Number of Years together for the Total. The Total should be your age at the end of this year.
- Compute your Percent of Total for each Score Range grouping by dividing Number of Years by the Total. Round to the nearest whole percent. (The Percent of Total column should equal 100% when added together.)

SCORE RANGE	NUMBER OF YEARS	PERCENT OF TOTAL
8-10 (Very happy)		
4-7 (Neutral)		
1-3 (Very unhappy)		
TOTAL		



# Potential PLAY Activities

**PRAY**

**LEARN**

**ACT**

**YOUTHIFY**



# PLAYtime Tracker

WEEK OF \_\_\_\_\_

CATEGORY	M	T	W	T	F	S	TOTAL	AVG <sup>2</sup>	GOAL <sup>1</sup>
Pray									
Learn									
Act									
Youthify									
<b>TOTAL PLAY</b>									
Everything Else									
<b>TOTAL AWAKE</b>									
Rest									
<b>TOTAL</b>	24	24	24	24	24	24	144		

<sup>1</sup> Select a goal for each category based on how you would like to spend your time in the upcoming week.

<sup>2</sup> Calculate the average by dividing the weekly total in each category by 6. Round up or down to the nearest half hour. The initial weekly average can be used as your daily baseline.



# PLAY Plan Options

	WHAT	WHEN	WHERE	HOW
PRAY	<ul style="list-style-type: none"> <li>• General</li> <li>• Standard prayers</li> <li>• Devotionals</li> <li>• Novenas</li> <li>• Daily Mass</li> <li>• Reconciliation</li> <li>• Adoration</li> </ul>	<ul style="list-style-type: none"> <li>• Wake up</li> <li>• Before bed</li> <li>• Before meals</li> <li>• Set times</li> <li>• Hourly</li> <li>• Decision making</li> <li>• Help/Strength</li> <li>• Petition/Intention</li> <li>• Thank you</li> </ul>	<ul style="list-style-type: none"> <li>• Home</li> <li>• Church</li> <li>• Car</li> <li>• Work</li> <li>• School</li> <li>• Library</li> <li>• Anywhere</li> </ul>	<ul style="list-style-type: none"> <li>• ACTS Formula</li> <li>• Daily Examen</li> <li>• Kelly Prayer Process</li> <li>• Read</li> <li>• Memorize</li> <li>• Apps</li> <li>• Individually</li> <li>• As a group</li> </ul>
LEARN	<ul style="list-style-type: none"> <li>• Bible study</li> <li>• Religion</li> <li>• School</li> <li>• Job/Career</li> <li>• Interests</li> <li>• Hobbies</li> <li>• Truth Seeking</li> </ul>	Schedule a standard daily time	<ul style="list-style-type: none"> <li>• Home</li> <li>• Church</li> <li>• Car</li> <li>• Work</li> <li>• School</li> <li>• Library</li> <li>• Anywhere</li> </ul>	<ul style="list-style-type: none"> <li>• Books</li> <li>• Classes/Tutorials</li> <li>• Think for self</li> <li>• 10 ideas daily</li> <li>• Research</li> <li>• Create something</li> <li>• TV/Radio</li> </ul>
ACT	<ul style="list-style-type: none"> <li>• School</li> <li>• Job</li> <li>• Home</li> <li>• Church</li> <li>• Volunteering</li> <li>• Networking</li> </ul>	As scheduled	Determine based on specific activity	Determine based on specific activity
YOUTHIFY	<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Healthy diet</li> <li>• Drink water</li> <li>• Floss</li> <li>• Sun protection</li> <li>• Hobbies</li> <li>• Sports/Games</li> <li>• Friendships</li> </ul>	Schedule a standard daily time	Determine based on specific activity	<ul style="list-style-type: none"> <li>• Classes</li> <li>• Videos</li> <li>• Apps</li> <li>• Endless options</li> <li>• Find your fun</li> <li>• Add variety to keep it interesting</li> </ul>



# PLAYground Activity Tracker

WEEK OF \_\_\_\_\_

CATEGORY	WHAT	WHEN	WHERE	HOW	M	T	W	T	F	S
PRAY										
LEARN										
ACT										
YOUTHIFY										



# Flying V Tracker - Virtues

WEEK OF \_\_\_\_\_

VIRTUE	DESCRIPTION	M	T	W	T	F	S	TOTAL
<b>Humility</b>	Modest opinion of one's own importance. Humble, respectful, servile, deferential.							
<b>Patience</b>	The capacity to endure pain, difficulty, provocation, or annoyance with calmness. Tolerant, restrained, composed, indulgent, resolute, strong, serene, enduring.							
<b>Temperance</b>	Self-restraint in action. Self-controlled, self-disciplined, abstinent, moderate.							
<b>Charity</b>	Voluntary giving of help to those in need. Alms-giving, benevolent, tolerant, compassionate.							
<b>Diligence</b>	Careful and persistent work or effort. Conscientious, dedicated, committed, tenacious.							
<b>Kindness</b>	The quality of being friendly, generous, and considerate. Friendly, generous, considerate, caring.							
<b>Chastity</b>	The state or quality of being chaste; moral purity. Celibate, pure, innocent, abstinent, virtuous.							
<b>TOTAL</b>	TOTAL OF VIRTUE SCORES							



# Flying V Tracker - Vices

WEEK OF \_\_\_\_\_

VICE	DESCRIPTION	M	T	W	T	F	S	TOTAL
<b>Pride</b>	An excessively high opinion of oneself. Vain, arrogant, egotistical, considering oneself to be superior.							
<b>Wrath</b>	Angry, violent, or stern indignation. Angry, furious, outraged, annoyed, irritated, irate, mad.							
<b>Gluttony</b>	An inordinate desire to consume more than what one requires. Insatiable, voracious, rapacious, piggish.							
<b>Greed</b>	Extreme desire for wealth or material gain. Covetous, materialistic.							
<b>Sloth</b>	Reluctance to work or make an effort. Lazy, idle, inactive, inert, sluggish, shiftless, apathetic.							
<b>Envy</b>	A feeling of discontent or resentment aroused by a desire for someone else's possessions, abilities, status, or situation.							
<b>Lust</b>	An inordinate craving for the pleasures of the body. Intensely desirous, passionate, full of yearning, longing, lascivious.							
<b>TOTAL</b>	TOTAL OF VICE SCORES							
<b>NET SCORE</b>	SUBTRACT VICES FROM VIRTUES							





# Saintball Scorecard

WEEK OF \_\_\_\_\_

	PLAYtime			V's		Saintball Score	
	PLAY HOURS	GOAL HOURS	SAINT POINTS	NET SCORE	SAINT POINTS	TOTAL SAINT POINTS	LETTER GRADE
MON							
TUE							
WED							
THU							
FRI							
SAT							
<b>TOTAL</b>							
<b>AVERAGE</b>							

## Instructions

1. Enter daily PLAY and Goal hours from PLAYtime Tracker.
2. Compute PLAYtime Saint Points by dividing PLAY hours by Goal hours and multiplying the result by 50.
3. Enter daily V net score from the Flying V Tracker.
4. Use the V Score Range table and enter the corresponding number of Saint Points.
5. To compute Total Saint Points and a Letter Grade for the week, first compute an average for both PLAYtime and V points. The average is computed by totaling Saint Points for the week and dividing that total by 6. Round up to the nearest whole number. Total your Saint Points and use the table on the right to look up your grade.

V SCORE RANGE	SAINT POINTS	SAINT POINTS	LETTER GRADE
> 10	50	91 to 100	A
6 to 10	40	81 to 90	B
0 to 5	30	71 to 80	C
-1 to -5	20	61 to 70	D
-6 to -10	10	51 to 60	E
< -10	0	50 or less	F



# Goals Brainstorming for Year \_\_\_\_\_

## STRATEGIC PLAN

**Vision:** Revive heaven on earth

**Purpose:** Strive to become a saint

**Objectives:** Love God and neighbors

**Strategies:** Do the right things in the right way

## MY MISSION

## MY HOLY SPIRIT-INSPIRED LIFE GOAL

## GOALS BRAINSTORM



# SAINT Goal Matrix

SPECIFIC • ACHIEVABLE • IMPORTANT • NUMERIC • TIMED

YEAR OF \_\_\_\_\_

	S	A	I	N	T
PRAY					
LEARN					
ACT					
YOUTHIFY					



# PLAYground Activity Plan

YEAR OF \_\_\_\_\_

	GOAL	ACTIVITIES TO ACHIEVE	TIMEFRAME
PRAY			
LEARN			
ACT			
YOUTHIFY			



# What Should I Journal

What should I keep doing?

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What should I stop doing?

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What should I do differently?

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What should I start doing?

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# Life Plan for \_\_\_\_\_

## STRATEGIC PLAN

**Vision:** Revive heaven on earth  
**Purpose:** Strive to become a saint  
**Objectives:** Love God and neighbors  
**Strategies:** Do the right things in the right way

## MISSION

## HOLY SPIRIT-INSPIRED LIFE GOAL

## ANNUAL PLAN (12 MONTHS) FROM \_\_\_\_\_ TO \_\_\_\_\_

	GOALS	ACTIVITIES TO ACHIEVE	TIMEFRAME
PRAY			
LEARN			
ACT			
YOUTHIFY			

Signature \_\_\_\_\_

Date \_\_\_\_\_

Witness Signature \_\_\_\_\_

Date \_\_\_\_\_



# My Story Builder Questionnaire

## Basics

Where were you born? \_\_\_\_\_

Where did you grow up? \_\_\_\_\_

What are the names of your close family members (parents, grandparents, siblings, other influential family)?

\_\_\_\_\_  
\_\_\_\_\_

Spouse name? \_\_\_\_\_

Children? \_\_\_\_\_

Children's spouses? \_\_\_\_\_

Grandchildren? \_\_\_\_\_

Where have you lived? \_\_\_\_\_

\_\_\_\_\_  
Where do you live now? \_\_\_\_\_

## Journey to Date

What schools have you attended? \_\_\_\_\_

What degrees and certifications do you have? \_\_\_\_\_

What are your main interests? \_\_\_\_\_

What were your childhood dreams? \_\_\_\_\_

\_\_\_\_\_  
Who have been the key influencers in your life (family, friends, teachers, coaches, coworkers, etc.)?

\_\_\_\_\_  
\_\_\_\_\_

What jobs have you had? \_\_\_\_\_

\_\_\_\_\_  
What do you do for a living now? \_\_\_\_\_

**CONTINUED** ▶



# My Story Builder Questionnaire

## Moments of Truth

Plot your journey to date on the Happiness Index. (Worksheet page 9)

What have been your best decisions? \_\_\_\_\_

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What have been your greatest accomplishments? \_\_\_\_\_

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What are your best memories? \_\_\_\_\_

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What have been your worst decisions? \_\_\_\_\_

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## Lessons Learned

What have you done well? \_\_\_\_\_

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What do you wish you would have done differently? \_\_\_\_\_

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What advice do you have for others (do's, don'ts, keys to success, etc.)? \_\_\_\_\_

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# My Story Builder Questionnaire

## Favorites

Books \_\_\_\_\_

Quotes \_\_\_\_\_

\_\_\_\_\_

Songs/Bands \_\_\_\_\_

\_\_\_\_\_

Movies/Shows/Actors \_\_\_\_\_

\_\_\_\_\_

Sports/Teams \_\_\_\_\_

Travel locations \_\_\_\_\_

\_\_\_\_\_

Hobbies \_\_\_\_\_

\_\_\_\_\_

Stories \_\_\_\_\_

\_\_\_\_\_

## Photos

Put together a collection.

## Memorabilia

Note items and locations. Take photos.

**CONTINUED** ▶



# My Story Builder Questionnaire

## Testimonials

What would you like others to say about you? \_\_\_\_\_

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What do you think others would actually say about you? \_\_\_\_\_

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# My U-logy Template

## Introduction

\_\_\_\_\_ chose to live a life that mattered. He/She loved God and neighbors and spread his/her joy by always striving to do the right things in the right way. His/Her mission in life was to \_\_\_\_\_.

He/She did this honorably and humbly, never seeking any recognition. Seeing the positive difference he/she made in the lives of others was reward enough. I trust that \_\_\_\_\_ has been allowed entrance through the pearly gates and will live eternally in heaven as the saint he/she was on earth.

## Specifics

\_\_\_\_\_ was born on \_\_\_\_\_ in \_\_\_\_\_.

His/Her parents were \_\_\_\_\_.

He/She was their \_\_\_\_\_ child. Siblings include \_\_\_\_\_.

He/She lived in the following places: \_\_\_\_\_

School history: \_\_\_\_\_

Work history: \_\_\_\_\_

He/She met his/her spouse \_\_\_\_\_ at \_\_\_\_\_

and were married on \_\_\_\_\_ in/at \_\_\_\_\_.

They have \_\_\_\_\_ children, \_\_\_\_\_

and \_\_\_\_\_ grandchildren, \_\_\_\_\_.

He/She had many interests, including \_\_\_\_\_

and supported many organizations and causes, such as \_\_\_\_\_

**CONTINUED** ▶



# My U-logy Template

## Specifics

He/She had many fond memories, including \_\_\_\_\_

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His/Her favorite music, books, and movies were \_\_\_\_\_

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His/Her advice for us all is \_\_\_\_\_

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---

He/She will be deeply missed for his/her always positive attitude, \_\_\_\_\_

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and \_\_\_\_\_  
He/She thanks you all for being a part of his/her earthly life and urges you to continue to live our your individual missions in the hope that through God's grace we might all live out eternity together.

**CONTINUED** ▶