

Students Name:

## My Faith HABITS

Be concise—remember to include what it is you will be doing to fulfill the HABIT and how much time you will spend on the HABIT.

### **H—Holy Hour: how will you spend time in prayer during the next year?**

I plan to do the following:

---

---

---

*Example: I will dedicate fifteen minutes each day to practice the Ignatian Examen.*

### **A—Accountability: how will you stay accountable in the preparation year?**

I plan to do the following:

---

---

---

*Example: I will attend all of the preparation sessions and participate including any follow-up my adult leader asks me to do.*

### **B—Bible Study: how can you learn more about Scripture or integrate Scripture in your life during the next year?**

I plan to do the following:

---

---

---

*Example: I will attend FISH at least one Wednesday a month.*

### **I—Invest in your Parish: how can you support your parish through mission, ministry, and service during the next year?**

I plan to do the following:

---

---

---

*Example: I will volunteer to serve in the nurse's office once a month.*

**T—Tithing: how can you show stewardship and self-giving in the next year?**

**I plan to do the following:**

---

---

---

---

---

*Example: I will commit to completing ten hours of community service.*

**S—Sacraments: how will you practice the Sacraments (Eucharist, Penance, etc.) during the next year?**

I plan to do the following:

---

---

---

---

---

*Example: I will attend Eucharistic Adoration for an hour each month.*

The following adults will help keep me accountable during the next year:

My Sponsor will be: \_\_\_\_\_

My Confirmation name will be: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_