

Listen



- +Get up earlier to read scripture and pray
- +Focus on the positive instead of the negative!
- +Don't complain! Bite your tongue and offer it up.
- +Give up doing your hair before church...Consider veiling!
- +Fast from social media, the modern day "chocolate" that Catholics give up for Lent
- +Forgo Condiments. (Think Mayo-less deviled eggs)
- +Enjoying nap time: when your kids go down for a snooze, keep moving and get stuff done!
- +Go to weekly confession
- +Put your phone on vibrate except for certain times of the day
- +Only drink water
- +Cut the sweets!
- +Eliminate screen time one day per week
- +For one hour per day, turn off all the lights and screens (but maybe not the heater if it's necessary!)
- +Go the minimalist route and purge something every day
- +Kick the habit of swearing to the door!
- +Stop saying the Lord's name in vain (Oh my God/ gosh)

- +Give up alcohol...just consider first if no wine for 40 days would actually make you a better person!
- +Go out of you way for your neighbors
- +Do one nice thing for someone else every day
- +Make a list of people to pray for daily and follow up with them to see how they're doing
- +Make it a point to tithe more by saving up in a different area of your life
- +Bring a meal to a family going through a rough time or an elderly neighbor, etc
- +Netflix: Watch Formed.org instead!
- +Give up gaming
- +Make time for the things that matter like prayer, rest, and quality family time
- +Give up the microwave and get creative with reheating in pots and pans!
- +Stop eating out
- +Become a vegetarian-friendly house for Lent
- +Only spend money on necessary groceries and toilet paper
- +Give up Amazon Prime
- +Spend no money whatsoever during Lent! Stockpile groceries and get creative cooking from nothing as Lent goes on
- +Give up sitting in your favorite spot on the couch or sleeping with a pillow

- +Put a small pebble in your shoe daily that will bother you just enough to remind you to pray
- +Give up warm showers
- +Wash all laundry by hand
- +Start washing all dishes by hand
- +Think before speaking
- +Start a system of sacrifice by giving up the best parking spot for someone else and saving the last cookie for your kids
- +Use only cash to make purchases
- +Only call or use email; no texting!

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- +Give up caffeine... this may or may not be the best Lent ever
- +Help through a service project or shelter
- +Pray in front of an abortion clinic once per week
- +Give up paper plates and paper towels: go green!
- +Forgo blow drying your hair. Brr!
- +Give up makeup: "You're never fully dressed without a smile!" (Annie)
- +Stop yelling and change your parenting style
- +Give up mirrors

- +Avoid hitting the snooze button. Good luck!!
- +Stop using elevators
- +Make it a point to listen better and ask questions
- +Stop in the church for Adoration for an hour every week
- +Collect loose change in a jar to donate at the end of Lent
- +Put aside money you would normally spend on something else (i.e. eating out, coffee fix) and give it to a worthy charity
- +Give to someone you know is in need without them knowing it is from you
- +Give of your time! Tutor for free for a family in need
- +Collect groceries for the elderly
- +Make care packages for the homeless and deliver them. Spend time with them in prayer
- +Volunteer at the church
- +Donate a bag of stuff that isn't "stuff you can't use," but "stuff you don't use" so it's still good quality for those who need it
- +Give up coffee!
- +Give up chocolate
- +Stop listening to music in the car (or a specific type of music)

- +No gossiping
- +Avoid checking your phone when around other people
- +Only eat raw foods
- +Stop snacking between meals
- +Fast from using emojis
- +Stop ignoring strangers and smile at everyone you meet
- +Make a list of 40 people in your life and pray for them each day of Lent
- +Make morning and nightly prayer a habit
- +Say the rosary daily
- +Start saying the Divine Mercy Novena at 3 p.m. everyday
- +Attend daily Mass
- +Go to Adoration daily
- +Sacrifice something 10 times per day
- +Instead of 30 minutes of TV time, do 30 extra minutes of devotion/prayer time
- +Get up early to read the Daily Readings
- +Write letters to God daily or journal

Listen



- +Do an examination of conscience nightly
- +Read a spiritual or devotional book
- +Start a novena
- +Ask for forgiveness from someone you have wronged
- +Light a candle at church and pray for those dying with sin
- +Spend time with the elderly talking about Jesus and love
- +Say the Stations of the Cross
- +Ask a friend/ family member everyday if you can pray *with* them
- +After you talk to someone ask how you can pray for them
- +Greet people by saying “Peace be with you!” and leave them by saying “God bless you!”
- +Sleep a full 8 hours every night!
- +Spend time in silence with God for ten minutes everyday
- +Clean and declutter your home and garage
- +Do everything on your “Honey Do” list or anything that’s broken around your home
- +Clean out your email inbox
- +Read through the Gospel of John
- +Spend \$10 less on groceries and give it to those in need
- +Give up carbs
- +Have dinner with your family every night
- +Do a glitter craft with kids (kidding, not kidding)
- +Give up slang words
- +Stop wearing your contacts; just use glasses

