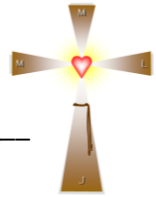


CTG - Day Planner



Most Day Planners have you place activities in specific time slots that fill your day. But before that can be done, we need to know what activities need our attention. This set of questions puts things in a monastic framework that is consistent with our vows. Use this planner as you feel it helps you!

1. When will I offer the **Daily Office** today?
2. What other **special prayer** forms will I use today? Is this a Holy Day or Feast Day? (Rosary, Centering Prayer, etc.)
3. Are there any specific acts of **reconciliation** that I need to do today? What are they?
4. Is there something I need to **forgive** myself for, or **let go of** today? What is it?
5. What **work of service** needs to be done today?
6. What will I spend time formally **studying** today that can be used to reflect on my spiritual journey?
7. Who do I need to **connect** with today, perhaps just to say "Hi" or "I love you"? (Birthdays, Anniversaries, Thank You, Special Needs, etc.)
8. When, and how, will I get my **rest** today?
9. How will I get my **exercise** today?
10. What **foods** do I need to make sure I eat, or avoid, today for the health of my body and mind?
11. What can I do today to live more in concert with **nature** and the **environment**?
12. At the end of the day, how will I **reflect** on the day just past, realizing how God was present in my life, and what needs to be worked on tomorrow?