

## PROGRAM OF LIFE OUTLINE

IDEAL-  
MOTTO-  
VOCATION STATEMENT-

OBSTACLE- dominant defect:  
Manifestations:

- 1.
- 2.
- 3.
- 4.
- 5.

PROGRAM- Opposite virtue:  
Means:

1. God:
2. Spouse:
3. Children:
4. Others:
5. Self:

## PROGRAM OF LIFE - EXAMPLES

IDEAL- Jesus Christ, meek and humble of heart

MOTTO- I have come to serve

VOCATION STATEMENT- see examples in video

OBSTACLE- dominant defect: Pride

Manifestations:

1. Being critical (especially of my spouse when he/she...).
2. Not listening to people. Trying to convince them that I am always right.
3. Not being consistent in saying my prayers. Not "feeling a need" to pray.
4. Not accepting things by faith, but always rationalizing and making excuses for myself, especially at work.
5. Not being sensitive to the needs of others, especially not having patience with my children.
6. Never admitting I am wrong, especially to my spouse and at work.

PROGRAM- Opposite virtue: Humility

Means:

1. God: I will discover the truth of who I am before God, that everything I have and am is a free gift from him.  
I will trust God.
  - I will do a meditation every day contemplating how Christ related to God his Father, and trusted in him.
  - I will pray my rosary every day contemplating Mary's humility and trust in God's plan for her life.
2. Spouse: I will discover the dignity that my spouse has, that he/she is a gift from God and my equal and deserving of all my respect.
  - Every day I will take ten minutes before arriving home from work to contemplate my spouse, to see him/her from God's perspective, to recognize him/her as a gift in order to open my heart towards him/her.
  - I will discover what he/she is feeling, thinking, desiring today, and do one thing that will be supportive.
3. Children: I will discover that they are not my own, but a gift from God to be led back to him.
  - I will say a prayer of gratitude every day for my children, giving thanks to God for all the gifts he has given me through them.
  - I will directly or indirectly say or do something every day to help my children discover God as Father and Mary as Mother.
  - I will spend quality time with them every day.
4. Others: I will see them as God sees them, as a gift, desiring their good.
  - I will do one act of charity every day, by the way of discovering someone's dream and helping them to fulfill it – even if just by listening.
  - Before engaging anyone, I will ask myself, "What does God want me to do for this person?"
5. Self: I will accept myself and my limitations as I am.
  - I will give thanks to God for my limitations every day and offer them as an opportunity to grow in my dependence on him.
  - I will not take myself so seriously; I do not always have to be right.

IDEAL- Jesus Christ, who always pleases the Father (Jn 8:29)

MOTTO- My spirit rejoices in God my savior (Lk 1:47)

VOCATION STATEMENT- see examples in video

OBSTACLE- Dominant defect: Vanity

Manifestations:

1. I can be really hurt if people do not treat me with respect especially when...
2. I am always speaking about myself and all the things that I do especially to my friends at the club.
3. I cannot say "no" to anyone. I allow people to use me, especially with Bob and Sally...
4. I am afraid to stand up for what I believe. I do not want people to think I am a religious fanatic, especially with...
5. I always worry that if I discipline my children they might not love me.
6. I live for when people compliment me and appreciate my talents, especially my spouse and kids and my friend...

PROGRAM- Opposite virtue: Purity of Intention

Means:

1. God: I will live my life before him alone. I will seek to please him and give him glory in all that I do.
  - I will meditate daily on how Christ always pleased his Father and did everything for his glory. He only did and said what the Father told him.
  - I will pray my rosary contemplating the purity of Mary's heart and how she rejoiced in God.
2. Spouse: I will love Christ in my spouse and serve him/her disinterestedly
  - I will do a hidden act of charity every day for my spouse, and offer it to Christ.
3. Children: I will love the Christ-child in my children and lead them to God in all my actions
  - I will directly or indirectly say or do something every day to teach my children the freedom of living one's life solely for God.
  - I will discipline with love and firmness
4. Others: All my encounters will be ordered toward giving glory to God.
  - I will redirect any praise or attention I receive back to God.
  - Before I accept any projects or get involved in anything I will first tell them I have to think about it and then see if it is for God's glory or my own. He owns my heart.
5. Self: I will accept the truth of my condition as a fallen human being: my disordered desire for acceptance and love. I will deny myself false gratification and always seek to rejoice in God alone.
  - I will come to grips with my feelings of rejection, bringing my most painful memories of being rejected (especially as a child) to Christ in prayer and realize that HE was there all the time loving me.
  - I will not speak about myself, but concentrate on others' interests, understanding that I must decrease and offer up all my own success to Christ in secret, my gift just to him.

IDEAL- Jesus Christ, man of the mission

MOTTO- Man does not live on bread alone...

VOCATION STATEMENT- see examples in video

OBSTACLE- Dominant defect: Sensuality

Manifestations:

1. Always put my prayer life off – inconsistency with God. I feel like he's not close.
2. I don't really open up in relationships. They tend to be superficial and even manipulative, just for the sake of a momentary gratification.
3. Laziness and disorganization – always putting things off, especially exercise.
4. Self-absorbed - only do things when I feel like it; moodiness controls me.
5. I escape to an ideal world – always dreaming about when things will be perfect, and when I will have enough money to do...
6. I escape to food, drink, and sexual pleasure

PROGRAM- Opposite virtue: Personal and passionate love for Christ

Means:

1. God: I will open my heart to a deep interpersonal relationship with Christ, finding in him the reason for my existence.
  - I will meditate daily on the deep relationship between Christ and his Father, and how this was his driving motivation for all that he did.
  - I will pray my rosary contemplating Mary's openness to the Holy Spirit and how this gave her the courage and fortitude to always do the will of God.
2. Spouse: I will open my heart to a deep intimacy with my spouse on all levels – intellectual, emotional, social, physical, and spiritual – to find true fulfillment in relationship.
  - Every day I will have a meaningful exchange with my spouse, and once a week we will have a deeper conversation to share ideas and emotions, and work through all our issues.
  - By focusing on all types of intimacy I will seek to make our physical intimacy more meaningful and sacred.
  - I will focus on spiritual intimacy with my spouse by praying together every day and sharing spiritual experiences.
3. Children: I will see them not as a burden, but as a true gift, and find fulfillment in my role as a parent by loving and personally engaging each one.
  - I will be proactive in my children's life, striving to live a "preventive discipline" as much as possible by motivating them daily to do the good, rather than punishing them for having done the bad.
  - I will spend quality time with all of them as a group every day, and every week I will look for one opportunity to give special attention to each one individually, doing something with them that they like to do.
4. Others: I will relate to others as an apostle, always seeking to transmit the love of Christ.
  - I will be respectful towards others, fulfilling my obligations in a timely manner, especially at work...
  - Before every encounter, I will ask God what he wants to give each person.
5. Self: I will deny my tendency towards self-absorption in all its manifestations, and live a disciplined life out of love for Christ.
  - I will be demanding in my use of time – using every moment to build the Kingdom of Christ according to my responsibilities and a program, all out of love for Christ.
  - I will exercise three times per week.