

## Advent Goals

1. What are your goals this Advent? If you could only have one or two of these goals happen, which would be the ones you most want to make sure happen.

2. What activities would you like to make sure happen? These could be religious or secular. Consider making a list with your kids to put up in the house.

3. What fits in your schedule best for the following:

1. Your prayer time
2. Children's prayers
3. Service work
4. Any other goals?

Make a plan that you can stick to easily - decide now or it won't happen.

4. Pick dates and times for bigger events and get them on the calendar now. Can you enlist help on any of these activities (i.e. babysitters, family, etc)?

5. Make a list of all the items you will need for these activities. How can you make sure they arrive/are purchased on time.

Advent wreath

Advent calendar

Prayers/devotional

Other activities

(See the blog for links to all the items you would need)

6. What activities will you say NO to? Who do you most want to see and spend time with and then politely decline the rest.

7. Do you feel a particular call from God this Advent? Is there something you feel the Holy Spirit is prompting you to do? What could be your next step toward that something?

8. How will you celebrate Christmas Eve and Christmas Day? How do you **really** want to spend them? Can you create a plan to accomplish this? When will you attend mass?

9. Advent is a great time to attend your church or local churches confession services - find when they are and put them on the calendar. Holy mass on Christmas is so much more special if you can receive the Eucharist.

## **Advent Reflection**

1. What went well?
2. What didn't go well?
3. What did you achieve?
4. What were you unable to achieve?
5. What did you learn?
6. How did your faith grow? Your children's faith?
7. Did you feel the presence of God working in your life?
8. What will you continue to do or stop doing now that Advent is over?
9. Ideas for next year?