

Discuss with your family & your priest

# Goals for Great Lent

*Keep this list in a prominent place to remind you of your goals.*

Dietary Abstinence: \_\_\_\_\_

Bible reading: \_\_\_\_\_

Spiritual reading: \_\_\_\_\_

Extra services I will attend: \_\_\_\_\_

With whom do I need to reconcile? \_\_\_\_\_

When will I go to Confession? \_\_\_\_\_

How will I help those in need? \_\_\_\_\_

From what media will I unplug? \_\_\_\_\_

What virtue will I try to cultivate? \_\_\_\_\_

How will I grow in prayer? \_\_\_\_\_

How will I create stillness? \_\_\_\_\_

How many prostrations each day? \_\_\_\_\_

What decision or purchase will I postpone? \_\_\_\_\_

Whom will I invite to Holy Week services? \_\_\_\_\_

**GREAT  
LENT**



Icon by: K. Tikhomirova

Discuss with your family & your priest

# Goals for Great Lent

*Keep this list in a prominent place to remind you of your goals.*

Dietary Abstinence: \_\_\_\_\_

Bible reading: \_\_\_\_\_

Spiritual reading: \_\_\_\_\_

Extra services I will attend: \_\_\_\_\_

With whom do I need to reconcile? \_\_\_\_\_

When will I go to Confession? \_\_\_\_\_

How will I help those in need? \_\_\_\_\_

From what media will I unplug? \_\_\_\_\_

What virtue will I try to cultivate? \_\_\_\_\_

How will I grow in prayer? \_\_\_\_\_

How will I create stillness? \_\_\_\_\_

How many prostrations each day? \_\_\_\_\_

What decision or purchase will I postpone? \_\_\_\_\_

Whom will I invite to Holy Week services? \_\_\_\_\_

**GREAT  
LENT**



Icon by: K. Tikhomirova