

Live the 7 Steps Worksheet

Instructions:

Below you will find a section for each of the 7 steps to superabundance. Each step lists recommendations on practical ways you can take one step further with Christ in becoming a better husband, a better father, a “Man After God’s Own Heart.”

Some of the suggestions will not apply to you in your state of life. Some items may be things you achieved long ago. Many will challenge you beyond your ability for where you are today on the path of life.

The list is long. Resist feeling overwhelmed. Remember “wherever you are in your spiritual life, Jesus Christ wants to meet you right there and take you further.”

Review the entire list first paying attention to areas of your life that you know need to change or to come into the light. Pray as you review the list. Choose only one or two things. Mark and date them. Intentionally put these into practice over the next 90 days. If possible, find another man to be your anchor and hold you accountable.

When you feel you can easily keep those items going, mark the date you accomplished it and choose something new. If you have started a new practice (such as praying a daily Rosary) that you want to become part of your Spiritual Plan of Life, download the Spiritual Plan of Life sheet [here](#) and add it to your Spiritual Plan of Life.

If you fail, when you fail, get back up. Go to confession if needed. Start again. If you fall back into something you previously achieved, do the same. Know that Jesus Christ is walking with you.

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Step One: Honor Your Wedding Vows:

Suggestions	Selected	Date Started	Data Achieved
Entrust your purity to St. Joseph and ask him to protect you.			
Pray to view women as Christ saw His mother at the foot of the Cross.			
Read St. John Paul II's Theology of the Body.			
Substantially reduce consumption of all media.			
Develop an authentic prayer life based on the principles in Step 3.			
Pray to your guardian angel as soon as you sense a temptation.			
Touch a Cross or Rosary in your pocket when you feel a temptation.			
Say a Hail Mary when you have looked at a woman inappropriately.			
Go to Confession immediately after a serious sin against purity.			
Substantially curtail or totally give up alcohol consumption.			
Give up your favorite food.			
Make a sacrifice for your future spouse.			
Always wear your wedding ring.			
Treat other women as you want men to treat your wife.			
Place all TVs in public areas of your house.			
Find an accountability partner to help with struggles against purity.			
Join a 12 Step group to address pornography issues.			
Seek professional help to address pornography issues.			
Do not lust after women.			
Avoid establishments that objectify waitresses.			
Thank your spouse for at least one thing every day.			
Give your spouse non-sexual signs of affection.			
Take your wife out for a special evening.			
Never reveal your spouse's faults to your children.			
Never disagree with your spouse in front of your children.			
Give up watching media to spend more time with family.			
Pray for your spouse every day.			
Embrace the Church's teaching on contraception.			
Pray with your spouse every day.			

Step Two: Use Money for Others:

Suggestions	Selected	Date Started	Data Achieved
Thank God each day for the material blessings you have received.			
Entrust your finances to St. Joseph.			
Develop an authentic prayer life based on the principles in Step 3.			
Significantly reduce consumption of all media.			
Read Luke 4:1-13.			
Be totally honest on your expense report.			
Be totally honest on your income taxes.			
Return money or items you have taken.			
Take a course of financial responsibility.			
Make a formal financial budget including input from your spouse.			
Analyze your spending habits and live below your means.			
Begin or increase saving money.			
Get out of credit card debt.			
Always consult spouse before making more than a minor purchase.			
Purchase a basic cable or satellite package or discontinue altogether.			
Reduce the number of meals your family eats out each week.			
Bring lunch to work.			
Put \$8 in your wallet to give away.			
Do not work at home outside of business hours or wait until the children have gone to bed.			
Only travel apart from your family when absolutely necessary.			
Eat dinner with your family at least 5 times per week.			
Never complain about a meal you have eaten.			
Turn off all media during dinner.			
Have a spiritual conversation at dinner at least once a week.			
Do not use mobile devices while home with the family.			
Save money for children's college and future.			
Do not gossip at work.			

Step Three: Give God Some of your Time:

Suggestions	Selected	Date Started	Data Achieved
Wear a blessed Miraculous Medal.			
Wear a blessed Brown Scapular.			
Significantly reduce media consumption on Sunday.			
Avoid work on Sunday.			
Go to Mass every Sunday.			
Dedicate Sunday to time with your family.			
Have a special treat or dessert unique to Sunday.			
Begin each day with 15 minutes of silent prayer.			
Pray before every meal (including any time you eat or drink).			
Use your commute time for prayer.			
Read Scripture for 15 minutes each day.			
Pray a Rosary each day.			
Perform an examination of conscience every night before bed.			
Go to Mass one day every week in addition to Sunday.			
Make a Eucharistic Holy Hour once a week.			
Go to Confession once a month.			
Do a full examination of conscience at least once per month.			
Do a full examination of conscience at least once per year.			
Make an annual retreat.			
Go on a pilgrimage.			
Formally establish a Spiritual Plan of Life.			
Establish a designated place of prayer in your home.			
Establish specific prayer times with family members.			
Discuss the Sunday readings/homily in your family.			
Have each family member select a Feast Day to celebrate.			
Celebrate the Baptismal Anniversary of every family member.			
Select a "family penance" during Lent.			
Establish a relationship with a Spiritual Director or Spiritual Guide.			

Step Four: Set your Mind on the Things Above:

Suggestions	Selected	Date Started	Data Achieved
Significantly reduce consumption of all media.			
Avoid all media content contrary to Christian faith and morals.			
Disconnect from all mobile devices at least one hour per day.			
Establish media-free hours in your home.			
Limit consumption of news to 30 minutes per day.			
Limit sports consumption to 1 game per week.			
Only check social media at designated times.			
Have spiritual conversations with family and friends.			
Form friendships with people who practice a strong spiritual life.			
Meditate on the daily Mass readings every day.			
Read the Bible together with your spouse and/or family.			
Participate in a Bible series class.			
Read the Catechism of the Catholic Church.			
Read documents written by the Pope.			
Study the documents written by the Magisterium.			
Read a book about the Mass or the Eucharist.			
Listen to Catholic radio in your car.			
Listen to a Catholic book/series in your car.			
Watch Catholic television programming.			
Go on a pilgrimage.			
Consecrate yourself to Mary using "33-days to Morning Glory."			
Consecrate yourself to St. Joseph using Fr. Don Callaway's book			
Read "Into Great Freedom" by Mark Hartfiel			
Read "Mother Teresa: Come be My Light."			
Read "The School of Nazareth" by Mark Hartfiel			
Read "Story of a Soul."			

Step Five: Find God in Yourself:

Suggestions	Selected	Date Started	Data Achieved
Significantly reduce consumption of all media.			
Make sure that your words and actions are always in harmony.			
Always keep your word.			
Whenever possible, have an ongoing conversation with God.			
Consecrate your fatherhood to God and St. Joseph.			
Make intentions about the life you wish to live as a father.			
Live now the life you wish your children to live.			
Spend more time with your children every day.			
Plan designated quality time for each of your children individually.			
Establish regular mealtimes for the entire family.			
Help with your children's homework or projects.			
Give a blessing to each child before bedtime.			
Consecrate your children to Mary.			
Teach your children or grandchildren to pray.			
Attend Mass together with your family every Sunday.			
Help your children receive the Sacraments at the appropriate age.			
Call your adult children at least once per week.			
Tell your children that you love them, and you are proud of them every day.			
Pray for your spouse every day.			
Ask Christ for the grace to see your spouse as he saw Our Lady.			
Pray that Christ would live as divine bridegroom through you.			
Make intentions about the life you wish to live as a husband.			
Spend time one-on-one with your spouse every day, especially before bed.			
Spend more intentional time with your spouse on the weekends.			
Tell your spouse you love her every day.			
Praise your wife in front of your children or to your children.			
Always use your speech to build up your spouse.			
Never reveal your spouse's faults to another person.			
Offer the struggles of your day for the purity of your spouse.			
Pray with your spouse every day.			

Step Six: Find God in Others:

Suggestions	Selected	Date Started	Data Achieved
Pray for the grace to discover God in every person.			
Thank God for your spouse and/or children.			
Never demand. Always ask.			
Never speak in anger towards spouse and/or children.			
Ask forgiveness from someone you have offended.			
Praise another person in front of someone else.			
Evaluate all your friendships from a spiritual perspective.			
Evaluate business relationships from a spiritual perspective.			
Make friendships with spiritual leaders.			
Pray to find Christ's presence in your children.			
Consecrate your children to Mary.			
Give time to your children.			
Give each of your children a compliment each day.			
Praise your children in front of their mother.			
Develop a spiritual plan of life with your children.			
Teach your children the appropriate use of technology and media.			
Evaluate your children's friendships from a spiritual perspective.			
Take your children to Mass on Sundays & Holy Days of Obligation.			
Establish dedicated prayer time with your children.			
Pray for the end to abortion.			
Place \$8 in your wallet to give away to the needy.			
Take your children to visit the homebound or a nursing home.			
Pray to find Christ's presence in your spouse.			
Consecrate your marriage to Mary/St. Joseph/Holy Family.			
Develop a spiritual plan of life as a couple with your spouse.			
Have a spiritual conversation with your spouse at least once/week.			
Select a spiritual mentor in your life.			

Step Seven: Practice Superabundant Mercy:

Suggestions	Selected	Date Started	Data Achieved
Pray for the grace to trust in God's mercy.			
Go to Confession on a monthly basis.			
Make an Examination of Conscience before bed every night.			
Forgive your spouse for anything she has done to offend you.			
Ask forgiveness from your spouse for the times you have hurt her.			
Forgive your children for anything they have done to offend you.			
Ask forgiveness from your children when you fall short as a father.			
Encourage your family members to go to Confession.			
Pray for the grace to transform your home into Ecclesia Domestica.			
Read "Give Me Souls - The Life of Don Bosco" by Fr. Peter Lappin.			
Consciously work to maximize time with your spouse and children.			
Laugh and have fun with your children every day.			
Consecrate your home to the Sacred Heart of Jesus.			
Consecrate your home to the Holy Family.			
Endeavor to keep all evil outside of your home (Steps 1-2).			
Consecrate your children to Mary.			
Develop in your children a devotion to Our Lady.			
Develop in your children a devotion to St. Joseph.			
Consecrate your children to St. Joseph.			
Forgive those who have intentionally hurt you.			

