

## Saint Project Part III Living Life as a Saint

Name \_\_\_\_\_

Refer to the list you made of the ways in which you could incorporate the ways of your saint into your daily life. For the next 3 weeks, you will be living as your saint in each of the following areas and then journaling about your experience.

- You can choose one virtue of your saint to incorporate into every aspect of your daily life for the next 3 weeks and journal your experiences at school, home, with friends, during sports, extra-curricular activities, restaurants, malls, movies, stores, etc.
- You can try something different each week in each area of your life.

Which ever you choose, try to be as consistent as possible in every aspect of your life.

**Week 1: Which noble characteristic or virtue will you choose:** \_\_\_\_\_

Reaction: School friends home sports extra-curricular events restaurants public places

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**Week 2: Which noble characteristic or virtue will you choose:** \_\_\_\_\_

Reaction: School friends home sports extra-curricular events restaurants public places

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**Week 2: Which noble characteristic or virtue will you choose:** \_\_\_\_\_

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## **Reflection**

What aspects of your Saints life were easy to incorporate? Why

What effect did this have on your daily life? Did you start to see a change in the way you were feeling each day? Did others notice something different about you? Give specific examples.....

Reflecting on the difficulties you had incorporating some aspects of your saint – what made it difficult? What would need to change to make it easier to live a certain way under various conditions?

What virtue will you most likely continue to carry out as a result of getting to know your Saint?