

## INTENTIONAL DISCIPLESHIP ASSESSMENT AND GOAL SETTING

*Each one of us who is baptized is a disciple engaged in a life-long process of growing in understanding of our Catholic Faith and in our relationship with God. As a disciple, we strive to be disciplined in practicing habits that lead to deeper conversion and deepening our personal relationship with God. Below are common Catholic practices that lead us to sainthood: reviewing our prayer life, our time studying our Catholic Faith, the virtues we practice, how we serve our church and community, how we support the Church, and how we share the “good news.” Often we want to do all the right things and we try to do everything. It is important to understand that this is a process and you can’t do everything at once. Start small and set attainable goals and check your progress each month, you could even ask a good friend to be an accountability partner.*

### PRAYER & WORSHIP

#### How often do I actively pray?

Never    Sometimes    Once a week    Three times a week    Once a daily    Multiple times during the day

#### How much time do I spend in prayer? (The goal is to spend at least an hour a day in prayer)

1-5 minutes    10-15 minutes    20-30 minutes    60 minutes or more

#### How often do I attend Mass? (The goal is every Sunday)

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#### How often do I participate in the sacrament of confession?

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Act of Contrition    Guardian Angel Prayer    Hail Holy Queen    Others: \_\_\_\_\_

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Rosary    Stations of the Cross    Divine Mercy Chaplet    Novena    Other

#### How often do I participate in Eucharistic Adoration?

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#### How often do I practice (Lectio Divina) praying with Scripture?

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#### List 1 or 2 goals I can work on over the next month:

1. \_\_\_\_\_
2. \_\_\_\_\_

### GROWING IN MY UNDERSTANDING OF THE CATHOLIC FAITH

#### I attend or utilize the following opportunities (check all that apply)

- \_\_\_\_\_ Family Formation (PS-8<sup>th</sup> Grade plus parents)    \_\_\_\_\_ Advent/Lent Series  
\_\_\_\_\_ Kids of the Cross (K-8 Youth Group)    \_\_\_\_\_ RCIA  
\_\_\_\_\_ High School Youth Group (9-12)    \_\_\_\_\_ Other: \_\_\_\_\_  
\_\_\_\_\_ Bible Study (Men or Women’s)  
\_\_\_\_\_ Use FORMED  
\_\_\_\_\_ Faith Sharing Group

**I read books about the Catholic Church, its teachings, the saints, prayer, and spirituality.**

Yes No

The most recent book I read was: \_\_\_\_\_

**I watch videos about the Catholic Church, its teachings, the saints, prayer, and spirituality.**

Yes No

The most recent video I watched was: \_\_\_\_\_

**I listen to podcasts about the Catholic Church, its teachings, the saints, prayer, and spirituality.**

Yes No

What podcast do you enjoy most: \_\_\_\_\_

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**Pick a virtue to look up and practice this month:** \_\_\_\_\_

## **SERVICE TO THE PARISH AND LOCAL COMMUNITY**

**Liturgical Ministry:** \_\_\_ Reader \_\_\_ Eucharistic Minister \_\_\_ Mass Coordinator

\_\_\_ Musician \_\_\_ Choir Member \_\_\_ Cantor \_\_\_ Altar Server \_\_\_ Greeter/Usher

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**Other:** \_\_\_\_\_

**Community Project:**

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Never    Sometimes    Sunday only    2 or more times a week

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#### How often do I practice (Lectio Divina) praying with Scripture?

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#### List 1 or 2 goals I can work on over the next month:

1. \_\_\_\_\_
2. \_\_\_\_\_

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#### I attend or utilize the following opportunities (check all that apply)

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\_\_\_\_\_ Kids of the Cross (K-8 Youth Group)    \_\_\_\_\_ RCIA  
\_\_\_\_\_ High School Youth Group (9-12)    \_\_\_\_\_ Other: \_\_\_\_\_  
\_\_\_\_\_ Bible Study (Men or Women’s)  
\_\_\_\_\_ Use FORMED  
\_\_\_\_\_ Faith Sharing Group

**I read books about the Catholic Church, its teachings, the saints, prayer, and spirituality.**

Yes No

The most recent book I read was: \_\_\_\_\_

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Yes No

The most recent video I watched was: \_\_\_\_\_

**I listen to podcasts about the Catholic Church, its teachings, the saints, prayer, and spirituality.**

Yes No

What podcast do you enjoy most: \_\_\_\_\_

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Yes No

What blog do you enjoy most: \_\_\_\_\_

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**Pick a virtue to look up and practice this month:** \_\_\_\_\_

## **SERVICE TO THE PARISH AND LOCAL COMMUNITY**

**Liturgical Ministry:** \_\_\_ Reader \_\_\_ Eucharistic Minister \_\_\_ Mass Coordinator  
\_\_\_ Musician \_\_\_ Choir Member \_\_\_ Cantor \_\_\_ Altar Server \_\_\_ Greeter/Usher  
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**Parish Groups and Outreach:** \_\_\_ Knight of Columbus \_\_\_ Scouts \_\_\_ Cub Scouts \_\_\_ Girl Scouts \_\_\_ St. Vincent dePaul \_\_\_ Homebound Ministry \_\_\_ Funeral Dinners

**Other:** \_\_\_\_\_

**Community Project:**

\_\_\_ Crop Walk \_\_\_ Ecumenical Service \_\_\_ 4H \_\_\_ Coach \_\_\_ Crosswalk

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**Other:** \_\_\_\_\_

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### GROWING IN MY UNDERSTANDING OF THE CATHOLIC FAITH

#### I attend or utilize the following opportunities (check all that apply)

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\_\_\_\_\_ High School Youth Group (9-12)    \_\_\_\_\_ Other: \_\_\_\_\_  
\_\_\_\_\_ Bible Study (Men or Women’s)  
\_\_\_\_\_ Use FORMED  
\_\_\_\_\_ Faith Sharing Group

**I read books about the Catholic Church, its teachings, the saints, prayer, and spirituality.**

Yes No

The most recent book I read was: \_\_\_\_\_

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Yes No

What podcast do you enjoy most: \_\_\_\_\_

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## **SERVICE TO THE PARISH AND LOCAL COMMUNITY**

**Liturgical Ministry:** \_\_\_ Reader \_\_\_ Eucharistic Minister \_\_\_ Mass Coordinator  
\_\_\_ Musician \_\_\_ Choir Member \_\_\_ Cantor \_\_\_ Altar Server \_\_\_ Greeter/Usher  
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**Other:** \_\_\_\_\_

**Community Project:**

\_\_\_ Crop Walk \_\_\_ Ecumenical Service \_\_\_ 4H \_\_\_ Coach \_\_\_ Crosswalk

\_\_\_ Other: \_\_\_\_\_

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**EVANGELIZATION (Share the Good News)**

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## INTENTIONAL DISCIPLESHIP ASSESSMENT AND GOAL SETTING

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