

First Things First Masterclass



With Christina Semmens

This worksheet will be your notes, your planner, and your map to encourage, inspire and accompany you as you strive to put First Things First and pursue holiness.

Follow along with us LIVE each day to complete this worksheet!

Day 1: Monday, April 12th at 8:15am EST
What is Possible When We Put God First

Saint of the Day: St Therese of Lisieux

Every person is made in the _____ and
_____ of God.

Everyone is called to _____. Holiness is transforming
_____ with God.

“First Things First” means to put _____
and to strive for my entire life to be _____ -
_____.

Be _____ as your Heavenly Father is _____.

The Seven Characteristics of the Saints

Characteristic 1:

Characteristic 2:

Characteristic 3:

Characteristic 4:

Characteristic 5:

Characteristic 6:

Characteristic 7:

KEY TAKEAWAYS:

Brainstorm: What are my deepest desires?

On Your Own Action Step:

(Don't Forget To Post Your Answer in the group!)

What is your #1 desire for this First Things First Masterclass? What's your why?

QUESTIONS? Please feel free to post in either the Say Yes to Holiness FB group or the Say Yes to Holiness group within SmartCatholics, message me, or [schedule a consultation](#)

ADDITIONAL NOTES

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Day 2: Tuesday, April 13th at 8:15am EST
The Four Steps to Holiness

Saint of the Day: St Mother Teresa of Calcutta

The 4 Steps to Holiness:

1) _____

2) _____

3) _____

4) _____

Prayer is simply a _____ with God.

The Four R's are: _____,
_____, and _____.

Two practices to live the life of grace more fully are:

_____ and _____

Two practices to help us grow in virtue are:

_____ and _____

Hitting God's Will on the "DOT" consists of: _____,
_____, and _____.

KEY TAKEAWAYS:

On Your Own Action Step:

(Don't Forget To Post Your Answer!)

Which of the four steps do you need to work most on?

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FIRST THINGS FIRST MASTERCLASS

Strengths/Weaknesses/Opportunities/Threats (SWOT) Spiritual Assessment

Directions: Use the questions below to assess the current state of your spiritual life in relation to the four steps necessary for growing in holiness. Once you have done the assessment, determine what area you will begin working on with the assistance of the Holy Spirit.

1) Daily Prayer and Meditation

What is the state of my prayer life? How often am I doing any of the following?

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Vocal Prayers (Prayers said aloud or with others)

Mental Prayer (Lectio Divina, Meditation on Scriptures)

Examen

Examination of Conscience

2) Living the Life of Grace

How am I growing in the life of grace? How frequently am I coming to the sacraments and/or spending time with our Lord in the following ways?

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Receiving Holy Communion

Going to the Sacrament of Reconciliation/Confession/Penance

Spending Time in Adoration/Making a Holy Hour

Spending Time in Thanksgiving After Communion

3) Growing in Virtue

How am I growing in a life of virtue? How often am I doing the following?

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Making/Pursuing a Spiritual Resolution

Doing Corporal and Spiritual Works of Mercy

Fasting

Making Sacrifices

Following a Plan/Rule of Life

Doing Spiritual Reading

4) Abandonment to God's Will

What am I doing to grow in trust and abandon myself (become more obedient) to God's will in my life according to my state of life?

(Daily, Weekly, Monthly, Quarterly, Annually, Not at All, Other)

Made/Living Out Marian Consecration

Making a Retreat

Receiving Spiritual Direction/Mentorship

Living Simply/Relying on God's Providence

Discerning my Personal Vocation/State of Life

What areas of your spiritual life are strengths for you?

What areas of your spiritual life are weaknesses for you?

Where do you see opportunities to grow?

Where do you see threats (challenges) to you taking action?

*Day 3: Wednesday, April 14th at 8:15am EST
Assessing Our Strengths and Weaknesses*

Saints of the Day: Saints Francis de Sales and Francis Xavier

From your SWOT Assessment yesterday:

S _____

W _____

O _____

T _____

SMART Goals

S _____

M _____

A _____

R _____

T _____

T _____

KEY TAKEAWAYS:

On Your Own Action Step:

(Don't Forget To Post Your Answer!)

Share one of your Spiritual SMARTT goals.

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FIRST THINGS FIRST MASTERCLASS

Spiritual S.M.A.R.T.T. GOALS WORKSHEET

Instructions: Using the template below, ensure that all of the SMART Goal factors have been incorporated into any spiritual goal that you set for yourself.

Goal:

Is it **Specific**? What do I want to accomplish? Why do I want to accomplish this? What are the requirements? What are the constraints?

Is it **Measurable**? How will I measure my progress? How will I know when the goal is accomplished?

Is it **Attainable**? How can the goal be accomplished? What are the logical steps I should take?

Is it **Relevant**? Is this a worthwhile goal? Is this the right time? Do I have the necessary resources to accomplish this goal? Is this goal in line with my long-term objectives?

Is it **Time-Bound**? How long will it take to accomplish this goal? When is the completion of this goal due? When am I going to work on this goal?

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*Day 4: Thursday, April 15th at 8:15am EST
Planning For Transformation*

Saint of the Day: St Pope John Paul II

4 Aspects of Formation:

1. _____
2. _____
3. _____
4. _____

A Plan of Life is more about _____ than _____,
and is your _____ to holiness.

Components of a Plan of Life

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

KEY TAKEAWAYS:

On Your Own Action Step:

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What do I need to do to ensure the success of my plan of life?

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