

PERSONAL TRAINING

“But if Christ is in you, although the body is dead because of sin, the spirit is alive because of righteousness. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you.”

(Romans 8:10-11)

Prayer of the Mind:	<u>Healthy Foods</u> <ul style="list-style-type: none"> • Spiritual Reading • Reflecting on the Gospel • Watching and Listening 	<u>Filler Foods</u> <ul style="list-style-type: none"> • Philosophies of the World Media • Comparing Yourself to Others • Distractions
Prayer of Strength:	<u>Strengthening Exercises</u> <ul style="list-style-type: none"> • Sacraments • Fasting • Abstaining • Relenting • Work and Study 	<u>Lazy Habits</u> <ul style="list-style-type: none"> • Over and Under Sleeping • Wasting Time on Media • Pleasure Seeking • Disobedience • Neglect
Prayer of the Heart:	<u>Liberating Practices</u> <ul style="list-style-type: none"> • Adoration • Affection • Charity • Spiritual Communion 	<u>Paralyzing Insecurities</u> <ul style="list-style-type: none"> • Jealousy • Anger/Complaints • Fear • Indifference

Spiritual Reading: *prayer books, the lives of the Saints, spiritual instruction books, scripture history and commentary, etc.*

Reflecting on the Gospel: *Rosary Mysteries, Lectio Divina, The Way of the Cross, The Holy Wounds, The Beatitudes, etc.*

Watching and Listening: *spiritual talks, uplifting media,*

Sacraments: *Baptism, Reconciliation, Communion, Confirmation, Anointing of the Sick, Marriage, Holy Orders*

Fasting (for the conversion of sinners): *Giving up favorite foods, extra comforts, distractions, etc.*

Abstaining (for purity): *staying away from revenge(word and action), crude humor and language, self-righteousness, etc.*

Relenting: *honest obedience to parents and seniors, letting others be first to receive, giving the good that is asked of you*

Work and Study: *taking care of house chores, gardening, academics, talents, theology, etc.*

Adoration: *Eucharistic Holy Hour, holy aspirations (spontaneous recognition of God in a person, a desire, etc.), praise, etc.*

Affection: *Giving a hug, a smile, a touch of reassurance, a gift, a compliment, etc.*

Charity: *sharing physical and spiritual gifts with those who are without them, love, intercessory prayer, etc.*

Spiritual Communion: *uniting your heart to God’s heart, retreating into your heart to be alone with God, etc.*

Philosophies of the World Media: *cynical, defeatist and relative thinking in tv shows, books, movies, music, etc.*

Comparing Yourself to Others: *browsing social media, gossip, staring or gawking, seeking stories of tragedy or failure, etc.*

Distractions: *turning noise on (music, tv, etc.), fantasy, cell phone in hand, multitasking, etc.*

Over and Under Sleeping: *not going to bed at the needed hour; working or playing too much; giving up or in, etc.*

Wasting Time on Media: *channel flipping, endless browsing, unproductive, unresponsive, etc.*

Pleasure Seeking: *demanding creature comforts; picky eating; opinionated; seeking affirmation; looking for better; etc.*

Disobedience: *ignoring parents, bosses, teachers, instructors, seniors, etc.*

Neglect: *giving up responsibilities due to studies, work, pets, family, friends, etc.*

Jealousy: *wanting what others have; not being happy for other people; etc.*

Anger/Complaints: *sabotaging other’s success; talking negatively about others; giving up on people, etc.*

Fear: *not trusting in God by ignoring opportunity, worrying, despairing, etc.*

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Indifference: *not caring either way; seeking popular opinion; arrogance; etc.*

For the start of a Healthy “New Day”, Schedule the following:

- (Beginners)** 15 minutes of intentional prayer throughout the day/ 30 minutes for charity/ 10 minutes Spiritual Reading
- (Intermediate)** 30 minutes of intentional prayer throughout the day/ 1 hour set aside for charity/ 15 minutes Spiritual Reading
- (Advanced)** 1 hour of intentional prayer through the day/ 2 hour set aside for charity/ 20 minutes Spiritual Reading
- (Expert)** 3 hours of intentional prayer through the day/ 2 hour set aside for charity/ 20 minutes Spiritual Reading

Studies show that ALL TEENAGERS need a MINIMUM 9-9.5 hours of sleep to function. Schedule that too!



Use general descriptions like “work” or “study” to cover times when you typically have classes, jobs and extracurriculars.

WEEKDAY SCHEDULE:

Typical Day	New Day
4:00am	4:00am
5:00am	5:00am
6:00am	6:00am
7:00am	7:00am
8:00am	8:00am
9:00am	9:00am
10:00 am	10:00 am
11:00am	11:00am
12:00pm	12:00pm
1:00pm	1:00pm
2:00pm	2:00pm
3:00pm	3:00pm
4:00pm	4:00pm
5:00pm	5:00pm
6:00pm	6:00pm
7:00pm	7:00pm
8:00pm	8:00pm
9:00pm	9:00pm
10:00pm	10:00pm
11:00pm	11:00pm
12:00am	12:00am
1:00 am	1:00 am
2:00am	2:00am
3:00am	3:00am

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