



# HOLY HABITS

## NEW YEAR'S RESOLUTIONS FOR 2021

1. When using a gift, say a prayer for the giver.
2. Commit random acts of prayer - pray for someone different throughout your day.
3. See Jesus more often - make a weekly visit to Jesus in the Tabernacle
4. Be generous - find ways to give of your time, talent, and treasure
5. Become invisible - look for ways to do good that no one will know or see
6. Read the Word - get your Bible out and read it every day
7. Call the manager and praise an employee - affirm and thank someone for doing a good job
8. Ask God to arrange your seating and conversations - be open to new experiences and meeting new people
9. Fast daily - find something to give up each day (coffee, snack, tv, social media, etc)
10. Enjoy the wait - be quiet and turn these times into times of prayer
11. End your conversations with "God bless you"
12. When you hear or see sirens, Pray a Hail Mary for the emergency workers and for the person(s) needing help
13. Forget about yourself - do things in humility (refrain from correcting others, be last in line, thank God for the failure, etc)
14. Get to know the Saint of the Day and ask him or her to pray for you
15. Give away something you love - occasionally give away a favorite item that's still in good shape
16. Wear a crucifix or other religious medal as a witness to our faith
17. Have a no-complaining day - dedicate one day a week to no complaints
18. Do a house blessing - Ask a priest to bless your home for 2021
19. Give unexpected gifts - anonymously give a gift card, baked goods, a meal, etc
20. Consecrate yourself to Mary or St. Joseph - deepen your devotion to Jesus through Mary or Joseph

