

**CHANGING!**  
**Where/how should I *CHANGE* ?**

Do Do Do  
Less Same More

- 1 Resting
  - night-time sleeping
  - day-time napping
- 2 Eating
  - 3 meals
  - snacking
- 3 Taking care of self
  - dressing
  - showering
  - taking medicines
  - physically exercising
  - participating in sports
- 4 Working
  - doing household chores
  - working for pay
  - working for free
  - caring for family members
- 5 Studying
  - school/college
  - for my job
  - other ways
- 6 Shopping
  - groceries
  - household supplies
  - clothes
  - gasoline
  - gifts
- 7 Reading
  - books
  - magazines
  - newspapers
  - AOD news items
  - America* magazine/emails
- 8 Communicating
  - computer
  - tablet/lap-top
  - cellphone
  - telephone
  - letters -- reading/writing
  - US mail - other

Do Do Do  
Less Same More

- 9 Socializing with others
  - partying
  - celebrating
  - planning events
  - playing cards/games
  - enjoying family/friends
- 10 Being entertained
  - watching TV
  - going to movies
  - playing games
  - doing puzzles/crossword/jigsaw
  - watching sports
  - listening to the radio
  - listening to music
- 11 Traveling
  - driving
  - riding on buses, trains, planes
  - vacationing
- 12 **Connecting with the Lord**
  - praying/meditating
  - praying Liturgy of the Hours
  - going to Mass
  - reading Scriptures
  - reading about the faith
- 13 **Ministering for the Lord**
  - at or for worship
  - with the needy
  - in education, formation
  - in administration
  - other
  - to be determined!
- 14 Other Ideas for Changing
  - A.
  - B.
  - C.
  - D.
  - E.
  - F.
  - G.
  - H.