

The Order of Christian Initiation of Adults

Form 1

Personal Catholic Discipleship Formation Plan



Name of Inquirer _____

After reviewing the contents of this Personal Catholic Discipleship Formation Plan, I approve this plan as an appropriate particular path to holiness for the above individual effective from June 9, 2025 to May 24, 2026. I intend to oversee the faithfulness of this person to this specific plan with prudent diligence and to keep this person accountable to the physical and spiritual disciplines contained herein. I am willing to support and challenge this person for the sake of their spiritual growth. I understand with due reverence that the eternal salvation and sanctification of this person is indeed at stake.

Inquirer Signature _____ **Date** _____ **Number** _____

Accountability Partner Signature _____ **Date** _____ **Number** _____

Catholic Godfather Signature _____ **Date** _____ **Number** _____

Catholic Godmother Signature _____ **Date** _____ **Number** _____

Male Catholic Sponsor Signature _____ **Date** _____ **Number** _____

Female Catholic Sponsor Signature _____ **Date** _____ **Number** _____

Deacon Mentor Signature _____ **Date** _____ **Number** _____

Priest OCIA Director Signature _____ **Date** _____ **Number** _____

Pastor Signature _____ **Date** _____ **Number** _____

Now that the delicate seed of the desire for faith has been planted in your soul, it is time to be planted in your first stage of intentional growth (*seminarium*) that will prepare you for spiritual maturity in Christ. This is an essential period of religious growth, for it is as an Inquirer that the beliefs you received from childhood is rightfully questioned and challenged. You have already been awakened to much deeper questions that cannot be answered by anyone else: Who am I? Where did I come from? Where am I going? What should I do with my free time? Who should I be with? Who are my friends? What is my plan for my life? What is God's plan for my life? Does God even have a plan for my happiness? How do I make the right choices when I do not even know what meaning will even endure past High School? It is natural to push against the baggage of our past. It is natural to be concerned about our inevitable future. But the Kingdom of Heaven is in the present moment. If we spend all our time and energy wandering emotionally around our past and worrying about our future in isolation, then we will miss out on this great opportunity to enjoy the eternal God as much as we can now! We need to remain rooted in the path of our reality with an eye to spiritual healing and grow slowly toward our future with a spine protruding with the Gifts of the Holy Spirit so that we can bear as abundantly as possible the fruits of charity into your future state of life.

Your mission is to remain faithful to Goodness, Truth, and Beauty as an Inquirer by challenging, questioning, and making mistakes that will help you flourish in the end. You are not alone. Even if your family and friend situation is very difficult, Catholic Discipleship is a family of adults committed to enjoying God as much as we can in this life so that we can enjoy God as much as we can in the next life. What does the discipline of enjoying God's love look like concretely for you? Being faithful to your Personal Formation Program.

The is Form is specifically designed to guard you against sin and human weakness, most especially concupiscence, ignorance sloth, gluttony, and negligence. This is light for your darkness. The sacred disciplines herein are a healing remedy to your restlessness. The more effort you put into this program, the more you will enjoy God with authentic happiness, which is much different from being comfortable or psychologically content. But you were not made for comfort or mediocrity. You were made for greatness with Christ! Although you have our Parish Family assisting you, *you* are the greatest factor of your own growth. This form cannot bring you to the heights of heaven. It can only give *you* a *context* for heroic sanctity. This is the garden, and *you* are the *seed*. You will grow to the degree you remain in the garden to receive the sunlight, absorb the nutrient-rich water, and receive protection from the evil predators of sin, temptation, and Satan (cf. Jn 10). If you do not remain in the garden, then you are on your own raw in the wild between God and Satan, Heaven and Hell, truth and error without the Church as your wise guardian mother. Good luck!

In addition to the Core Catholic Discipleship Goals tailored to the strengthening necessary to become fully Catholic, there is space to personalize your goals. Goals can be added, expanded, or augmented to adjust the difficulty of the plan. The plan should be challenging but not overwhelming, reasonable but not a joke. Dispensations from Core Catholic Discipleship Goals can only be received from the Priest OCIA Director for serious reasons. Each goal should be as specific as possible. The means to attain each goal should be as concrete and measurable as possible for objective accountability. The formation mechanism to measure growth and recession is the Chaplain's Log. Once this packet has been prayerfully filled out, it is to be reviewed and signed by all the people outlined on the first page. Any subsequent revisions must be approved with a new sheet of the same signatures. Copies are to be made and kept confidential by each person who signed to maximize the opportunities for growth according to each of the four dimensions of formation. The best personal goals are **SMART**: **S**pecific and measurable, **M**otivating, **A**ttainable, **R**elevant, and **T**rackable. A SMART goal should answer the questions 'Where am I going?' and 'how will I know when I get there?'. Avoid wording that is too generic, fuzzy, or subjective. Use language that is specific, measurable, and objective. If the goal is spiritual in nature, it needs to be linked to concrete behaviors that manifest the spirit (e.g. "being joyful" linked to "smiling"). It is laudable to plan out appropriate rewards and punishments (internal or external) based on performance to incentivize excellence and endurance throughout long periods of time as the flesh begins to groan against the spirit.

Catholic Discipleship

Human Formation Plan

Goal 1: I want to be holy, healthy, and happy in body and soul as a mature and responsible human person.

- I will take my Morning Routine and Going to Bed Routine seriously, for “stable mornings and stable nights forge steadfast energy for life.” It is ideal to wake up at the same time daily for circadian rhythm formation.
- I intend to form the habit of waking up at the following time(s): _____
 - Morning Routine: _____

 - Plan for Medication and Civilized Hygiene: _____

- I intend to form the habit of Going to Bed at the following time(s): _____
 - Going to Bed Routine: _____

 - Insomnia Plan: _____

- I intend to keep my physical and virtual environments clean, organized, and functional to serve my work, rest, and life in private and in public as an adult professional.
 - Plan for Laundry and Keeping Home/Vehicle Clean: _____

- I intend to drink plenty of water, minimize sugar, and eat a nourishing, balanced, and temperate diet.
 - Plan for Eating and Drinking: _____

- I intend to exercise so that I remain strong and fit for service in the Kingdom of God.
 - Detailed Explanation of the Self-Image and Weight you desire for your Body: _____

 - Exercise Plan: _____

- I intend to live out a Horarium that is disciplined, reasonable, flexible, and balanced in work and leisure.
 - Leisure Activities that are healthy, human, and truly restful and lifegiving for me: _____

- I will not entertain electronics with demonic, evil, or sinful content, especially nudity.
 - Plan for Limiting TV, Video Games, Internet, and Music: _____

- I will keep my Chaplain’s Log up to date to objectively track growth in virtues and diminishment in vice.

Goal 2: I want to grow in my capacity for human love, friendship, and communion.

- I will not neglect my family relationships nor my family duties.
 - Family Expectations and Responsibilities: _____

- I will celebrate my meaningful days by doing something special and by communicating what is meaningful to me to other people who are meaningful to me.
 - My Meaningful Days: Birthday and anniversaries of Baptism, 1st Confession, 1st Holy Communion, Confirmation, _____

- I will personally give meaningful gifts to family and friends on days that are meaningful *to them*. I will obtain gifts sufficiently in advance and wrap them personally if possible and pray for them on their meaningful day and communicate that I prayed for them on their meaningful day.
 - Meaningful Days for Gift-Giving: all Birthdays for immediate family members, Baptism Birthdays for Godchildren, Confirmation Sponsor Anniversaries, Sacrament Wedding Anniversaries for parents and siblings, _____

- I will schedule at least a 10 min. authentic conversation with another person who signed this Chaplain's Program at least once per week to avoid isolation.
- I will engage in appropriate language and humor, resisting temptations of negativity, cynicism, or sarcasm.
- I will form the habit of looking at others, including authorities, *in the eyes* and communicating my thoughts *and emotions* effectively to them with *clear and transparent* verbal and body language in a spirit of *trust*. I understand that others desire my happiness as much as I do. I will not hide from authorities unless they are dangerous or compelling me to sin. I will not keep dangerous secrets.
 - Plan for Eating Family Meals together with no distractions: _____

 - Plan for Celebrating Christmas, Easter, Thanksgiving, and other Holidays with Meaning and Traditions: _____

- I will seek to grow in my authentic human communication skills with peers, superiors, and inferiors.
 - Plan for Growth in Manners and Human Communication Skills: _____

 - Plan for Healthy Phone Usage: _____

- I will be punctual for Catholic Discipleship and other obligations. I will resist my sloth with heroic discipline.

- I will behave appropriately with members of the opposite sex and manifest my gender according to nature.
 - Plan for Healthy Relations and Boundaries with the Opposite Sex: _____

 - Sublimation Plan when Erotically Aroused: _____

 - Plan for Courtship/Dating/Fiathful Marriage: _____

 - Plan for Pornography, Masturbation, and Fornication/Adultery Accountability: _____

 - Plan for Dressing Modestly and Maintaining Custody of the Eyes: _____

 - In your own words, describe your understanding of the differences between masculinity and femininity:

Goal 3: I want to grow in self- knowledge.

- Primary Temperament: Sanguine Choleric Phlegmatic Melancholic
- Meyers Briggs Personality Tendencies: I or E - N or S - T or F - J or P
- Order of Meaning for Language of Giving Love: __Touch __Time __Gifts __Service __Words
- Order of Meaning for Language of Receiving Love: __Touch __Time __Gifts __Service __Words
- Common Coping Mechanisms for Pain and Stress: _____

- Psychological Plan for Mental Health Concerns: _____

- Sources of Strongest Emotions: _____

Goal 4: _____

Goal 5: _____

Goal 6: _____

Catholic Discipleship

Human Formation Horarium

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:00 AM							
05:30 AM							
06:00 AM							
06:30 AM							
07:00 AM							
07:30 AM							
08:00 AM							
08:30 AM							
09:00 AM							
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09:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							

Catholic Discipleship

Intellectual Formation Plan

Goal 1: I want to engage dialogically with the Roman Catholic Intellectual Tradition and be open to its Proclamation of the Gospel. I want my mind, heart, and soul is strong, mature, vibrant, and fully free and alive. I do not want to be an adult with an elementary level of faith.

- I will put heaven first in my life by attending Catholic Discipleship weekly on Sunday evenings starting at 7:00pm. I will faithfully attend Catholic Discipleship unless I receive a dispensation from my Priest OCIA Director or unless there is a grave impediment outside of my control (e.g. chickenpox), in which case I will still notify my Priest OCIA Director so that he can pray for me. As a religious individual, I am willing to challenge with apostolic boldness any events or people who pose obstacles to the sacred mission of faithfully attending my Catholic Discipleship. I am willing to exercise and fight for my 1st Amendment rights in the world as a religious individual (cf. Canons 773-780; Diocesan Statute 239).
- In addition to reading the Catholic Discipleship resources throughout each month as I am able, I will faithfully follow the intellectual nourishment offered on the Catholic Discipleship GroupMe as a kind of “daily spiritual vitamin” so that I become an enlightened individual who is awake and aware and continues to grow with the Holy Spirit Gifts of Knowledge, Wisdom, and Understanding (cf. Canon 779).

Goal 2: I want to be faithful to the Holy Trinity as the fullness of Goodness, Truth, and Beauty.

- I will pursue a lifelong honest intellectual search for Truth with the aid of my natural faculties of reason. I will not be satisfied with a faith that is blind, relative, or skeptical needing justifications without attention to grace from almighty God. I will not be satisfied with mediocrity (cf. Canon 748).
- As I wrestle with religious questions, I will seek religious answers from appropriate Catholic sources that are primarily human and local. Sources for truth that are virtual and generic are to be considered secondary.
- I will not become fully Catholic by receiving all the Sacraments of Initiation until I am ready to commit to the virtue of Holy Submission: to adhere my mind and form my heart to the Divine Word of God with the Obedience of Faith and obey the Magisterium of the One, Holy, Catholic, and Apostolic Church in matters of faith, morals, and disciplines (cf. Canons 747-755).

Goal 3: I want to contribute to the quality of Catholic Discipleship.

- In addition to attentively receiving what Catholic Discipleship has to offer, I will offer constructive critiques and dialogical suggestions to the Priest OCIA Director for making it better. I will not succumb to the common temptations of neglect, isolation, gossip, slander, detraction, or false accusations about anything that pertains to the communal reputation of Catholic Discipleship. I will be willing to professionally communicate my expectations, desires, and preferences with matters that pertain to Catholicism.
- I will ask good questions and propose formation topics that are relevant to the struggles of my current life situation. I will try to be enriched by Catholic Discipleship, even if it sometimes feels boring. I understand that what I will get out of my formation experience depends primarily on what I am willing to put into it.

Goal 4: I want to live my life intelligently.

- I will perform my duties to work and family necessary to flourish. I understand that unexcused absences, disobedience to lawful authorities, and laziness with my duties and obligations are all sinful. All sins need to be confessed in the Confessional with specific kind and number/frequency before becoming Catholic.
- I will have at least 1 prayer book on hand for Spiritual Reading that is nourishing for me personally.
- I will defend the Truth as I know it with faith and reason in private and in public, especially when the reputation of almighty God or the Holy Catholic Church is at stake. When asked, I will be happy to give the reasons for my faith (cf. 1 Pet 3:15) and ask for help when I need it, especially from a Priest.

Goal 5: _____

Goal 6: _____

Catholic Discipleship

Spiritual Formation Plan

Goal 1: I want to experience infinite love with growing desire and holy hunger for divine nourishment.

- I will be faithful to Appendix 5 Holy Mass Attendance according to my stage of growth.
- I will make a daily Act of Desire for Goodness, Truth, and Beauty
- I will make a daily Act of Perfect Contrition and Act of Grace by Desire

Goal 2: I want to remain in a State of Sanctifying Grace and have responsible custody over my soul for heaven.

- I will make a daily Act of Perfect Contrition and Act of Grace by Desire
- Whenever I commit a mortal sin, I will immediately make a Perfect Act of Contrition and will bring it to the Sacrament of Confession once this Sacrament is available to me.
- I will obey God's Will for Love: 10 Commandments, all Divine/Ecclesiastical Laws, and all just civil laws.
- I will spend at least 1 minute per day doing an intentional Examination of Conscience, preferably during my Going to Bed Routine.
- I will positively embrace and protect my mission of chastity.

Goal 3: I want to remain in unceasing union with the Holy Trinity by putting heaven first in my life.

- I will spend at least 15 minutes of Relational Mental Prayer daily in Sacred Silence, preferably in a Catholic Church or Chapel if possible.
- I will prayerfully read at least the Daily Gospel as posted on the Weekly Sacred Scripture with the Sacred Liturgy Charts.
- I will have a designated Spiritual Journal and will keep it safe in a confidential place. I will write to God some prayerful thoughts, feelings, and desire in my Spiritual Journal at least once per week.
- I will pray daily in the morning when I wake and at night before I go to bed.
 - Morning Prayer(s): _____

 - Night Prayer(s): _____

- I will pray daily for my state in life as I freely and actively discern God's plan for my happiness.
 - Vocation Prayer(s): _____

- I will pray with my family at least once per week.
 - Family Prayer(s): _____

- I will strive to take a monthly Desert Day to enjoy Sacred Silence and extra time for prayer and reflection.
- I will make devout use of Sacramentals.
 - Blessed Crucifix in bedroom and Blessed Pious Object in vehicle(s).
 - Holy Water, Holy Rosary, and Holy Metal(s) easily accessible at home.
 - Other Sacramental(s): _____

Goal 4: _____

Goal 5: _____

Catholic Discipleship

Evangelical Formation Plan

Goal 1: I want to experience authentic friendship with others in Christ.

- I am willing to ask others about their personal encounter with Jesus Christ by warmly accepting invitations from Catholics into the Goodness, Truth, and Beauty of their lives, especially potential Godparents or Sponsors. I am open to an ever-deepening personal encounter with Jesus at Catholic Discipleship.
- I will put myself out there to cultivate a personal friendships with Catholic men and a Catholic women until I feel comfortable enough to go through the Form 2 Affidavit with a Catholic man and a Catholic woman.
- I will routinely invite my Priests and those who signed this Chaplain's Program Packet to events in Williston that are meaningful to me, including but not limited to. I will also invite a Priest to my home for my annual home blessing (with or without a meal) to maintain a friendly wholistic family connection and a holy home environment: Date & Time of Home Blessing: _____

Goal 2: I want to give a simple yet powerful witness of my Catholic Discipleship in public.

- When I am ready, I will begin to say the Catholic Meal Prayers before and after all my meals in private and in public. I will strive to make the Sign of the Cross at the beginning and end of these prayers, even if it feels awkward in public.
- I will strive to piously say the Holy Name of Jesus within at least one conversation outside of a Church and outside of Catholic Discipleship at least once per week.
- I will piously make the Sign of the Cross at the beginning and end of my works (e.g. drives, work outs, etc.)

Goal 3: As a Christian Disciple, I want to be a Servant Leader in imitation of Jesus Christ (cf. Jn 13; Mt 25).

- I will keep my Catholic and non-Catholic peers accountable in truth and holiness with genuine charity. I will look out for others who are in grave spiritual need and assist them according to my capacity.
- I will initiate making friendships. I will be inclusive and open to friendships with others, even though friends will challenge me to be vulnerable. I will avoid the formation of clicks and try to foster fun in life. I will pursue diverse friendships with those with different backgrounds. I will strive to know the names of all the Catholic Discipleship members and to introduce myself. In social situations, I will not lurk nor impose.
- I will offer to assist setting up and taking town hospitality for Catholic Discipleship drinks and snacks.
- I will hand-write Thank You Notes to those who have been generous to me in physical and spiritual ways.

Goal 4: _____

Goal 5: _____

Goal 6: _____

Fr. Wanner's Personal Formation Plan

SMART Goal Examples for Human Formation

Goal 1: I want to be holy, healthy, and happy in body and soul as a mature and responsible adult man.

- I will take my Morning Routine and Going to Bed Routine seriously, for “stable mornings and stable nights forge steadfast energy for life.”
- I intend to form the habit of waking up at the following time: 5:00am CT *every day* (nap later when necessary).
 - Morning Routine: phone alarm goes off at 5:00am, throw bedcovers off myself, say “heroic minute” out loud, kneel down at bedside, *then* turn phone alarm off, recite my Morning Offering Prayer *out loud* from my phone with a physical sign of the cross, put on warm clothes, set up Miroco Light in kitchen with 1 cup of coffee & 1 piece of fasting bread & a nutrition shake for breakfast and pray the meal prayer out loud with the sign of the cross, make my bed by 5:30am and sprinkle it with Holy Water, finish civilized hygiene routine by 6:15am, post GroupMe catechesis quotes before 7:00am
- I intend to form the habit of Going to Bed at the following time: 10:00pm CT or earlier *every day*.
 - Going to Bed Routine: keep phone on Focus Mode starting at 9:00pm and answer only for Last Rites emergencies, prepare the coffee maker for the next morning, Pray Compline *well* with at least a 3 min. Examen in a Chapel kneeling if possible, then brush my teeth, dim the lights if possible, then standing at my bedside recite bedtime prayers out loud with my bedtime prayer book, exorcize/bless my bed with holy water, say a final exorcism/blessing prayer for my family, friends, possessions and all the people and things entrusted to me in my priestly mission, turn all lights off, get situated in bed, take deep breaths slowly while praying “into your hands, Lord, I commend my spirit” over and over to avoid insomnia from ruminations
 - Insomnia Plan: get out of bed, turn the lights on, then standing at my bedside recite my bedtime prayers again out loud with my bedtime prayer book, exorcize/bless my bed with holy water, say another exorcism/blessing prayer for my family, friends, possessions and all the people and things entrusted to me in my priestly mission, drink a glass of water, take a very cold shower, turn the lights back off, go back under the covers cold. Repeat as often as necessary throughout the night.
- I intend to drink plenty of water, minimize sugar, and eat a nourishing, balanced, and temperate diet.
 - Plan for Eating and Drinking: no snacks before lunch or after supper, no getting seconds for lunch or supper, only 1 portion of dessert allowed after lunch and supper. Renounce gluttony after overeating.
- I intend to exercise so that I remain strong and fit for service.
 - Exercise Plan: Strength Training routine at the gym every other day, set aside 90 min. slots in my outlook calendar so that my workdays do not get too busy to stay healthy with exercise. I will be able to work longer and more efficiently in my life if I take the time to take care of my body now.

Goal 3: I want to grow in self- knowledge.

- Primary Temperament: Sanguine Choleric Phlegmatic Melancholic
- Meyers Briggs Personality Tendencies: I or E - N or S - T or F - J or P
- Order of Meaning for Language of Giving Love: 3 Touch 2 Time 4 Gifts 5 Service 1 Words
- Order of Meaning for Language of Receiving Love: 2 Touch 4 Time 5 Gifts 3 Service 1 Words
- Psychological Plan for Mental Health Concerns: physically leave the city of Williston at least twice a month, take a hot bath and exercise more when stressed

Fr. Wanner's Personal Formation Plan

SMART Goal Examples for Intellectual Formation

Goal 1: Like the Fathers of the Church, I want to be utterly steeped in the primary sources of Divine Revelation.

- I will be faithful to the daily contemplation of the whole Bible through my continuous cycle of Sacred Scripture with the Roman Sacred Liturgy as outlined on the chart I made in seminary.

Goal 2: I want to keep my mind and heart fixed on and open to the grand horizons of the Kingdom of Heaven.

- I will watch some news when I eat meals in the rectory. I will sometimes listen to a news podcast while I am brushing my teeth during my Morning Routine to remain awake and aware of what people are discussing and thinking in the world.
- I will listen to books and podcasts in the car that are intellectually stimulating when it is opportune. I will be cautious about listening to any music that stirs up evil emotions inside of me.

Goal 3: I want to provide quality Sunday Homilies and become a strong, competent preacher.

- I will read the upcoming Sunday readings on Mondays.
- I will spend about 20-30 min. Tuesdays – Saturdays sometime *after* my Holy Hour to prepare my homily prayerfully, intellectually, and rhetorically with pastoral considerations of my audience. I will try to avoid writing my weekend homilies last minute.

Goal 4: I want to provide high quality wholistic formation for my parishioners.

- I will pour out myself to provide quality nourishment for *all 4 dimensions* of formation in accordance with church law and vision (cf. Isaiah 5; Canons & Statutes on Teaching).
- I will not be satisfied with mediocrity. I will pursue excellence in accordance with universal and particular church standards, law, and vision as a religious professional with the inviting warmth of the Good Shepherd.
- I will not allow myself to become discouraged when faced with obstacles and apathy and lack of attendance.

Goal 5: I want to provide a high-quality Altar Server Formation Program that complements our students' wholistic formation programs with reverent liturgical worship in accordance with church law and vision for the Roman Rite. I want it to be fun and challenging so that it is as attractive as playing a sport in 3rd – 12th Grade.

- I will train new Servers, Acolytes, Emcees, and Youth Sacristans and encourage others to join the ranks.
- I will uphold liturgical standards that are excellent and objective analogous to a caring coach for sports.
- I will oversee the Holy Point system of incentives and the Altar Server Banquet during Christ the King.

Fr. Wanner's Personal Formation Plan

SMART Goal Examples for Spiritual Formation

Goal 1: I want to enjoy celebrating the Sacraments.

- I will recite cleansing prayers for the protection of my own mind and heart before and after Confessions and Anointings.
- I will recite my vesting prayers before Holy Mass and do my best to recollect my own mind and heart 10 min. before the start of Holy Mass (cf. Statute 109).

Goal 2: I want to remain in a State of Sanctifying Grace and have responsible custody over my soul for heaven.

- I will faithfully go to Confession at least monthly, even if all my sins are venial.
- Whenever I commit a mortal sin, I will immediately make a Perfect Act of Contrition and will attend the Sacrament of Confession (ideally not my Pastor though) as soon as is reasonably possible.
- I will strive to schedule Spiritual Direction monthly in person on my Desert Day if possible.
- I will keep a record of my Desert Days, Retreat Days, and Vacation Days so that I do not get burned out. I will strive to prioritize planning these out well in advance. I will strive to take advantage of all these days according to my rights. I will communicate them to my Pastor and Staff and put them on my outlook calendar for transparency. On these days I will battle the temptations to work.

Goal 3: I want to remain in unceasing union with the Holy Trinity by putting heaven first in my life.

- I will be faithful to celebrating Daily Mass, Liturgy of the Hours, and my Daily Holy Hour.
- I will strive to obtain a Plenary Indulgence every day. I will offer one for the cleansing of my soul after every Confession. Otherwise, I will offer it for any of my parishioners in Purgatory.
- I will have at least 1 book on hand in my chapel for Spiritual Reading that is nourishing for me personally.
- I will write in my Spiritual Journal at least once per week.
- I will pray with the Ordination Rite prayers at least once during my annual retreat.
- I will pray a daily Gratitude Chaplet to guard my mind and heart from bitterness as I carry my cross.
- I will wear my Brown Scapular faithfully.
- I will cultivate inner joy and peace and make my daily decisions from grace and not from temptations. I will rely on my inner peace in union with God in the present moment for happiness and not on my external circumstances. I will not give up to the evil one in despair of my past, present, or future. I will joyfully entrust my whole life to the scroll in the right hand of the Risen Christ seated on his throne (Rev 5:1).
- I will follow God's Will by growing in patience and prudence. I will treat myself like a human being. I will take care of myself if life gets difficult. I will submit to the limitations of my humanity and entrust my work and my desires to God's Providence. I will do what I have discerned is most important every day, put in a full day of work, and abandon the rest to God's grace with filial trust. I will not abstract my identity from the earthly results that I am able to observe. I will not give in to the lie that I have to earn my love or prove my identity for anyone.
- I will communicate my expectations, desires, and preferences for my life appropriately to my superiors as a religious professional. I will not hide from my superiors nor complain about my superiors to my inferiors.

Fr. Wanner's Personal Formation Plan

SMART Goal Examples for Pastoral Formation

Goal 1: I will manifest my identity clearly as a Priest of Jesus Christ for service, even though I am young.

- I will wear my clerics in public according to Progressive Solemnity and the pastoral occasion.
- I will not pick out favorite parishioners and treat them special or foster sinful egos. My priesthood will be available to everyone as a spiritual father despite my younger age. I will uphold the universal and particular rights of all the faithful at all times, even if they are casual and not aware of their own rites. I will not renounce my priestly identity and pretend to enjoy my assignment as a parishioner. I will celebrate mass with reverence and sacerdotal dignity and not with casual unmajestic flippancy (Statute 110).

Goal 2: I want to serve well the mysteries of salvation within those entrusted to me.

- I will be generous to all those entrusted to me for their Sacrament Preparation, even when it is difficult working so close to the complicated sins, weaknesses, and dysfunctions of others.
- I will make my Pastor and another priest aware whenever I go out into the pastoral field for a request for exorcism. I will only use the Pope Leo XIII prayer with the Bishop's awareness and permission. I will escape and call for help if I do not feel safe.
- I will not take rejection personally. I will beseech deliverance for those attached to unrepentant grave evil for the sake of their salvation (1 Cor 5:5). I will implore the intervention of the Risen Christ for those who are being choked by sloth and lukewarmness with respect to their honest pursuit of Goodness, Truth, and Beauty (Rev 3:15-16). I will maintain a steadfast spirit of invitation generously.
- I will not let people become Catholic on their own terms according to their own judgments or manipulate me with lies and deceits and false excuses. I will uphold the Church's OCIA basic standards of excellence.
- I will not let other people's problems become *my personal* problems, keeping me up at night.

Goal 3: I want to serve well the mysteries of sanctification within those entrusted to me.

- I will be a wise man of charitable judgment who affirms what is Good, True, and Beautiful according to what I know and who corrects what is evil, erroneous, and undignified according to what I know.
- I will be quick to admit my faults and weaknesses with compunction.
- I will not confuse communication with conflict. I will not hide or "sweep things under the rug." I will be a light that shines in the darkness.
- I will pursue avenues of listening and dialogue in decision making as is appropriate. I will be generous and liberal with requesting and receiving consultations for excellent local judgements within the Kingdom of God, especially with things of a customary nature. I will be transparent with my Pastor in all things.
- I will challenge Confirmed Catholics toward the heights of holiness, especially through observance of sacred disciplines according to the mind and heart of the Church. I will not let mediocrity reign as if minimal internal salvation is a sufficient standard of religious commitment and mission.

Goal 4: I want to respond to the spark of conversion in those entrusted to me and nourish their first faith well.

- I will reach out within a day to adults who officially communicate interest in possibly becoming Catholic.
- I will maintain my Outreach Lists so that no one with authentic desire for conversion "falls through the cracks" due to negligence, miscommunication, or wavering standards of process.

Goal 5: I want to be a good model of transparent stewardship.

- I will tithe at least 10% of what I receive from my priestly service and personal gifts (cf. Lev 27:30). I will offer at least 1% to the Holy See, 2% to the Diocese, 3% to the Parish, and 4% to the St. Mary Sisters.
- I will take care of myself to live a simple civilized life and invest the rest of my money with prudence.
- I will take care of my car and keep my library and the PLC library organized and up to date.
- I will keep my Last Will and all my Funeral Plans up to date. I will organize my ministry and possessions such that if I were to suddenly die, it would be easy to replace the office I held and navigate managing my earthly possessions for their final disposition.