

The Order of Christian Initiation of Adults

Formation Log

Personal Catholic Discipleship Formation Plan



The formation mechanism to measure growth and recession in virtue and vice according to your Personal Formation Plan is this Chaplain's Log. Although grace, virtue, and conversion are indeed very spiritual and invisible realities that need to be treated with reverence as deep mysteries, nevertheless it is optimal to do our best to track progress in very concrete and practical ways that are objective, concrete, external, human, measurable, and accountable. Just like a professional team that enjoys a variety analytical coaches for complex sports, if the Church does her part well on the earthly sideline of things, God will always do his part well in the heavenly field of things. As our body has physical muscles, so too does our soul have spiritual muscles that can only grow in oscillating environments of stimulation and rest through multi-dimensional spiritual disciplines and exercises. You have a noble mission in the Kingdom of God to develop the Virtues of your Mind through exercises of Knowledge, Wisdom, and Understanding, the Virtues of your Heart through exercises of Prayerful Reflection, and the Virtues of your Soul through exercises of Wonder and Discernment. The more you exercise with these sacred disciplines from your Personal Formation Plan, the stronger you will get and the richer you will be in the Kingdom of Heaven (Mt 6:19-21; 13:44-50). The more you are nourished with spiritual proteins, the faster you will recover. The more you rest in liturgical worship, the deeper you will heal. By the end of your life, the more your soul is filled with the qualitative and quantitative strength of your life of Charity, the greater in magnitude your eternal reward will be in heaven. "So run that you may obtain it" (1 Cor 9).

It is recommended that at the end of each day as part of your Going to Bed Routine, examine your day honestly with God. On a scale of 0-10, rate the degree of success you achieved for that day on each of the 4 dimensions of formation according to the standards from your Personal Formation Plan. 0 means that you fulfilled none of the daily goals for that dimension. 10 means that you fulfilled all of the daily goals for that dimension. At the end of the month, tally up your total monthly score and share them with your Formation Plan team to benchmark your progress. Notice the patterns of growth and decline. To be well-rounded, embrace your strengths and lean into your weaknesses.

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Rewards and Punishments



Plan out in advance short-term and long-term rewards and punishments that are meaningful to you based on your progress. Internal rewards draw from internal motivations (e.g. I will allow myself to sleep in a little once if I wake up on time 7 days straight) and external rewards draw from external motivations (e.g. Dad will take me out to eat if I remember pray before and after meals for 3 days). Internal punishments also draw from internal motivations (e.g. I will go 2 days without dessert if I score less than 150 in my Human Formation this month) and external punishments draw from external motivations (e.g. My curfew will get moved earlier until I am passing all my classes). Keep the carrots right in front of your nose!

Internal Short-Term Rewards

External Short-Term Rewards

Internal Long-Term Rewards

External Long-Term Rewards
