

The 7 Steps of TMIY

A Spiritual Plan of Life

Develop a plan for your spiritual life as the TMIY year progresses. Fill out practical actions for each of the 7 Steps.

1. Honor your wedding vows:

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Starter Recommendations: Substantially reduce the use of the media, especially any with highly sexualized images or themes. Go to bed at the same time as your spouse. End the day with at least 15 minutes of conversation with your spouse.

2. Use money for others:

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Starter Recommendations: Substantially reduce the use of the media. Eat dinner together with your family. Use financial resources for the benefit of the family and the Church.

3. Give God some of your time:

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Starter Recommendations: Substantially reduce the use of the media. Pray the Rosary every day. Begin and end each day with at least 10 minutes of prayer. A morning offering and end of day examination of conscience work well.

4. Set your mind on the things above:

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Starter Recommendations: Read Sacred Scripture for at least 10 minutes a day. Lectio Divina is encouraged. Read a Spiritual book with your spouse or your small group. Create daily silence in your life to be attentive to the still, small voice of God.

5. Find God in yourself:

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Starter Recommendations: Receive Christ in the Eucharist at least once/week in addition to Sunday. Develop prayer “triggers” to keep a constant dialogue going with God throughout the day. Establish a personal relationship with the Holy Spirit.

6. Find God in other people:

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Starter Recommendations: Never speak in anger towards your spouse and/or children. Give your spouse compliments every day. Ask God to help you find his Hidden Face in your Spouse and Children.

7. Practice superabundant mercy (Make it easy to be good and hard to be bad):

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Starter Recommendations: Go to Confession once a month to experience God’s mercy. Forgive those who have hurt you, starting with your spouse. Give the gift of your joyful presence within your home.