

# YOUR 5P PLAN

## Prayer (God)

- D** Daily prayer promises
- D** Daily hidden sacrifice

## Partner (Wife)

- D** 10 minutes intentional time with wife
- D** 1 daily act of affection/encouragement to wife
- A** Be pure (No porn)
- W** Weekly date night

## Pater (Children)

- W** Son/daughter date
- D** 1 daily act of affection/encouragement to child
- W** Take child to 1 daily Mass
- M** Take child to Confession

## Provider (Work)

- D** Evening family time (Abstain from work/phone)
- W** Keep Lord's Day holy (Abstain from all work)
- W** Weekly tithe

## Priest

- D** Nightly family prayer
- D** Nightly family dinner
- D** Bless each member of your family daily
- W** Sunday Gospel reflection
- W** Family fun 1x per week

**D** Daily **W** Weekly **M** Monthly **A** Always