

Saint Builder Sandbox

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Mission Finder – Phase I Worksheet

Current Mission (10 Minutes)

What do you spend the bulk of your time doing? _____

Who do you do it for? _____

What benefit do they get from it? _____

Please circle your answer and explain. The word “it” refers to your current mission.

(40 minutes, 5 minutes per question)

Is it the best use of your natural gifts? Y or N

Why? _____

Does it provide a significant benefit to others? Y or N

Why? _____

Do you think about it and want to be doing it most of the time? Y or N

Why? _____

Do you usually feel self-satisfied when you are doing it? Y or N

Why? _____

Are you continually striving to become better at it? Y or N

Why? _____

Can you see yourself doing it all your life? Y or N

Why? _____

Does doing it encourage you to behave morally and are you able to do so? Y or N

Why? _____

If you knew you were going to die in the next year, would you keep doing it? Y or N

Why? _____

Revised or Alternative Mission (10 Minutes)

What do/will you do with the bulk of your time? _____

Who do/will you do it for? _____

What benefit do/will they get from it? _____

Mission Finder – Phase II Worksheet

Potential Mission (10 Minutes)

What will you do? _____

Who will you do it for? _____

What benefit will they get from it? _____

Your Strengths (20 minutes)

What are your natural talents? _____

What skills have you learned? _____

What other strengths would you like to develop? _____

Your Interests (20 Minutes)

What interests do you have that could provide value to others? _____

What do others need or want that you could become interested in providing? _____

Alternate Potential Mission (10 Minutes)

What will you do? _____

Who will you do it for? _____

What benefit will they get from it? _____

Mission Finder – Phase III Worksheet

SWOT (40 Minutes – 10 Minutes per box)

Strengths (Natural and acquired talents)	Opportunities (Needs or wants of others that I could fulfill)
Weaknesses (Traits to overcome or acknowledge)	Threats (Barriers to success posed by the world)

Potential Mission (20 Minutes)

What will you do? _____

Who will you do it for? _____

What benefit will they get from it? _____

Happiness Index

Instructions:

- Fill in the years starting with your year of birth and ending with the current year.
- Complete the age column starting with zero in your year of birth. You may need additional sheets depending on your age.
- Rate each year using a 1 to 10 scale, where 10 is the happiest you can imagine being and 1 the unhappiest. Guess for the first few years 😊
- When completed with your ratings, count the number of years corresponding to each rating grouping and enter them in the appropriate row. Add them all together and enter in the total row. That total should be one year more than your age if you have already had your birthday this year (if not it will be your age).
- Compute Percent of Total for each Score Range Number of Years grouping and enter in the corresponding row (divide the Number of Years by the Total and round to the nearest whole percent). The Percent of Total column should total 100 percent.

Year	Age	Rating (1–10)	Notes

Score Range	Number of Years	Percent of Total
8 – 10 (Very happy)		
4 – 7 (Neutral)		
1 – 3 (Very unhappy)		
Total		

Potential PLAY Activities

Pray

Learn

Act

Youthify

PLAYtime Tracker

Week of _____

(Record hours in boxes below)

Category	M	T	W	T	F	S	Total	Average*	Goal
Pray									
Learn									
Act									
Youthify									
Total PLAY									
Everything Else									
Total Awake									
Rest									
Total									

* Calculate the average by dividing the weekly total in each category by 6. Round up or down to the nearest half hour. The initial weekly average can be used as your daily baseline. Select a goal for each category based on how you would like to spend your time in the upcoming week.

PLAY Plan Options

	What	When	Where	How
Pray	<ul style="list-style-type: none"> • General • Standard prayers • Devotionals • Novenas • Daily Mass • Weekly Mass • Reconciliation • Adoration 	<ul style="list-style-type: none"> • When wake up • Before bed • Before meals • Set times • Hourly • In big moments • Decision making • Help/Strength • Petition/Intention • Thank You 	<ul style="list-style-type: none"> • Home • Church • Car • Work • School • Library • Anywhere 	<ul style="list-style-type: none"> • ACTS Formula • Daily Examen • Kelly Prayer Process • Read • Memorize • Apps • Individually • Family • Group
Learn	<ul style="list-style-type: none"> • Bible study • Religion • School • Job/Career • Interests • Hobbies • Truth seeking 	Schedule a standard daily time	Same as above	<ul style="list-style-type: none"> • Books • Classes • You Tube • Think for self • 10 ideas daily • Research • Create something • TV • Radio • Internet
Act	<ul style="list-style-type: none"> • School • Job • Home • Church • Volunteering • Networking 	As scheduled	Determine based on specific activity	Determine based on specific activity
Youthify	<ul style="list-style-type: none"> • Exercise • Healthy diet • Drink water • Floss • Sunscreen • Hobbies • Sports • Games • Friendships 	Schedule standard daily times	Determine based on specific activity	<ul style="list-style-type: none"> • Classes • Videos • Apps • Endless options • Find your fun • Add variety to keep it interesting

PLAYground Activity Tracker
 Week of _____

Category	What	When	Where	How	Time	M	T	W	T	F	S
Pray											
Learn											
Act											
Youthify											

Flying V Tracker - Virtues
Week of _____

Virtues	Definitions & Descriptors	M	T	W	T	F	S	Total
Humility	Modest opinion of one's own importance. Humble, respectful, servile, deferential.							
Charity	Voluntary giving of help to those in need. Alms-giving, benevolent, tolerant, compassionate.							
Kindness	The quality of being friendly, generous, and considerate. Friendly, generous, considerate, caring.							
Patience	The capacity to endure pain, difficulty, provocation, or annoyance with calmness. Tolerant, restrained, composed, indulgent, resolute, strong, serene, enduring.							
Chastity	The state or quality of being chaste; moral purity. Celibate, pure, innocent, abstinent, virtuous.							
Temperance	Self-restraint in action. Self-controlled, self-disciplined, abstinent, moderate.							
Diligence	Careful and persistent work or effort. Conscientious, dedicated, committed, tenacious.							
Total Virtues	Total of virtue scores.							

Flying V Tracker - Vices
Week of _____

Vices	Definitions & Descriptors	M	T	W	T	F	S	Total
Pride	An excessively high opinion of oneself. Vain, arrogant, conceited, smug, egotistical, considering oneself to be superior.							
Greed	Extreme greed for wealth or material gain. Greedy, covetous, materialistic.							
Envy	A feeling of discontent or resentment aroused by a desire for someone else's possessions, abilities, status, or situation. Jealous, covetous, resentful, bitter, discontented, begrudging.							
Wrath	Angry, violent, or stern indignation. Angry, furious, outraged, annoyed, irritated, irate, mad.							
Lust	An inordinate craving for the pleasures of the body. Intensely desirous, passionate, full of yearning, longing, lascivious.							
Gluttony	An inordinate desire to consume more than what one requires. Insatiable, voracious, rapacious, piggish.							
Sloth	Reluctance to work or make an effort. Lazy, idle, inactive, inert, sluggish, shiftless, apathetic, listless, lethargic.							
Total Vices	Total of vice scores.							
Net Score	Subtract total vices from total virtues.							

SAINT Goal Matrix
 (Specific, Achievable, Important, Numeric, Timed)
 Year _____

	S	A	I	N	T
Pray					
Learn					
Act					
Youthify					

PLAYground Activity Plan
Year _____

	Goal	Activities to Achieve	Timeframe
Pray			
Learn			
Act			
Youthify			

What Should I Journal

What should I keep doing?

What should I stop doing?

What should I do differently?

What should I start doing?

Life Plan Template

Name _____

Strategic Plan

Vision: Revive heaven on earth

Purpose: Strive to become a saint

Objectives: Love God and neighbors

Strategies: Do the right things in the right way

Your Mission:

Your Holy Spirit-Inspired Life Goal:

Annual Plan (12 Months) _____

	Goals	Activities to Achieve	Timeframe
Pray			
Learn			
Act			
Youthify			

Your signature _____

Date _____

Witness signature _____

Date _____

My Story Builder Questionnaire

Basics

Where were you born? _____

Where did you grow up? _____

What are the names of your close family members (parents, grandparents, siblings, other influential family)? _____

Spouse name? _____

Children? _____

Children's spouses? _____

Grandchildren? _____

Where have you lived? _____

Where do you live now? _____

Journey to date

What schools have you attended? _____

What degrees and certifications do you have? _____

What are your main interests? _____

What were your childhood dreams? _____

Who have been the key Influencers in your life (family, friends, teachers, coaches, coworkers)? _____

What jobs have you had? _____

What do you do for a living now? _____

Moments of Truth

Plot your journey to date on the Happiness Index.

What have been your best decisions? _____

What have been your greatest accomplishments? _____

What are your best memories? _____

Worst decisions? _____

Lessons Learned

What have you done well? _____

What do wish you would have done differently? _____

What advice do you have for others (do's, don'ts, keys to success, etc.)? _____

Favorites

Books _____

Quotes _____

Songs _____

Movies _____

Sports/Teams _____

Travel locations _____

Bands _____

Hobbies _____

Stories _____

Photos (Put together a collection)

Memorabilia (Note items and locations. Take photos)

Testimonial's

What would you like others to say about you? _____

What do you think others would actually say about you? _____

My U-logy Template

Introduction _____ chose to live a life that mattered. He/she loved God and neighbors, and spread his/her joy by always striving to do the right things in the right way. His/her mission in life was to _____. He/she did this honorably and humbly, never seeking any recognition. Seeing the positive difference he/she made in the lives of others was reward enough. I trust that _____ has been allowed entrance through the pearly gates and will live eternally in heaven as the saint he/she was on earth.

Specifics

_____ was born on _____ in _____.

His/her parents were _____.

He/she was their _____ child. Siblings include _____.

He/she lived in the following places: _____.

School History _____

Work History _____

He/She met his/her spouse _____ at _____ and were married on _____ in _____.

They have _____ children, _____ and _____ grandchildren, _____.

He/she had many interests, including _____.

and supported many organizations and causes, such as _____.

He/she had many fond memories, including _____.

His/her favorite music, books, and movies were _____.

His/her advice for us all is _____.

He/she will be deeply missed for his/her always positive attitude, _____.

He/she thanks you all for being a part of his/her earthly life and urges you to continue to live out your individual missions in the hope that through God's grace we might all live out eternity together.