

Ideas for sacrifices that have nothing to do with food

Get creative about incorporating small, unseen sacrifices into your routine. Use it as an opportunity to pray for others and potentially let the other person know you are praying for them when you make the sacrifice.

At work

- Stick to a schedule
- Start on time and end on time
- Do unpleasant or difficult tasks first
- Whenever anyone asks for your help, give them your immediate attention (if your position allows)
- Or the opposite: schedule focused time, shut your door, close your email when not using it, silence unnecessary notifications, etc.
- Stay off of social media during work hours
- Complement people; go out of your way to be friendly; smile – even when you don't feel like it
- Finish your task as well and quickly as you can, and then offer to help someone with their tasks
- Close your computer if you don't need it for your current tasks

At home

- Let others choose music, movies, tv shows, etc. accept their choice with a cheerful spirit
- Lessen a spouse's or roommate's burden: do an undesirable home task or one of the least-favorite chores before they get to it
- Do a certain number of loads of laundry per day or week
- Fold and put away laundry immediately after it finishes drying
- Don't leave clothes on the floor
- Set the table, wash the dishes, or offer to make a meal if these are not part of your regular responsibility
- Drop whatever you're doing whenever someone asks for your assistance
- Exercise regularly; or if you tend to be indulgent with your exercise, end your exercises on time
- Cut a certain amount of social media time and instead play a board game with friends/family/roommates
- Put your phone in another room when you get home; treat it like a landline. Only get it if it rings.
- Make your bed first thing in the morning

- No phones or screens at the dining table or while doing activities with someone else
- For married couples: give the spouse a five-minute massage every night
- For parents of small children
 - Be the one to brush the little kids' teeth
 - Do the bedtime routine and make it fun!
 - Offer to change the diaper or assist the toddler in the bathroom

Miscellaneous

- Don't listen to music or podcasts in the care, but drive in silence
- Get up early and go to Mass
- Don't hit the snooze button in the morning
- Go to bed on time
- Cut out screen time one hour before bed
- Decrease your news or podcast consumption by one source
- Don't give your opinion if you're not asked for it
- Avoid positions or postures that hinder concentration or that convey negative nonverbals (legs crossed, slouching, folding arms, etc.)
- Mortify your curiosity/imagination: fast from browsing the internet except for work or to help someone with a specific request
- Avoid talking about certain topics: i.e. yourself, topics that draw out negativity, things that you obsess about, complaining, topics that are indulgent
- Instead of grumbling, say a prayer at red lights, when someone cuts you off, or when stuck in traffic, etc.

Source: *Reach More Mission Training Workbook*, Evangelical Catholic, pp. 108-110