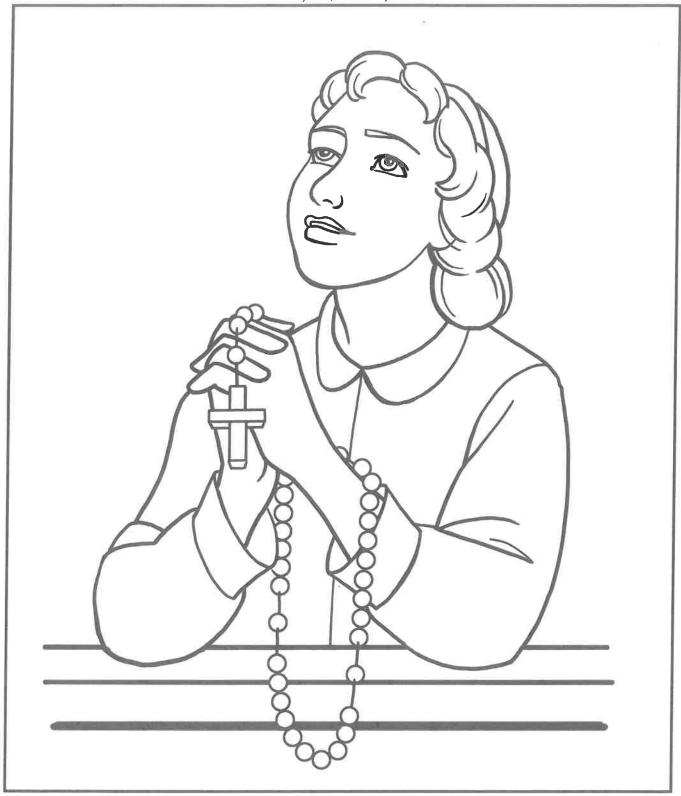




- 1. Try to go to Holy Mass and receive Holy Communion every day.
- 2. If you can, go to Confession every week—even if just to confess your venial sins.



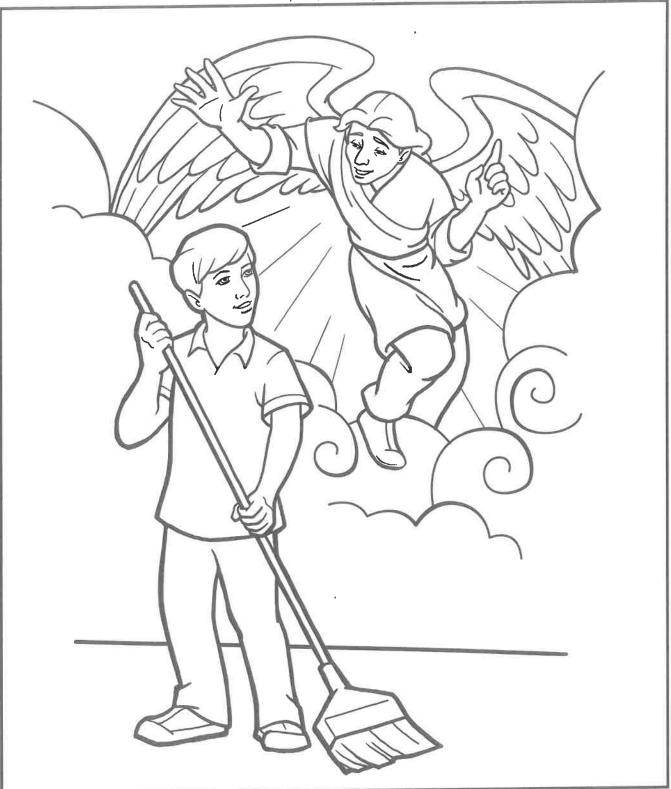


- 3. You have to want to be a saint with all your heart—pray to God for this grace.
- 4. Remember to recite the Rosary every day.





- 5. Read a little bit of the Holy Bible every day.
- 6. Adore Jesus, truly present in the Eucharist, each day—and you will grow in holiness.





- 7. Make sacrifices and self-denials frequently to Jesus and Mary to help others.
- 8. Ask your Guardian Angel to help you all the time—rely on him as your best friend.