

# The 17 Day Anger to Mercy Challenge

The goal is to remain kind, merciful, and peaceful throughout the day. For each day that you do this, you earn a pebble in your jar. Check off each day that you earn your pebble below. It's okay if it takes a while, you can do this! And if it helps, repeat as often as you'd like to hold yourself accountable.

	Day 1
	Day 2
	Day 3
	Day 4
	Day 5
	Day 6
	Day 7
	Day 8
	Day 9
	Day 10
	Day 11
	Day 12
	Day 13
	Day 14
	Day 15
	Day 16
	Day 17

## Quotes to Keep You Motivated

- “When there is nothing to stir your wrath, lay up a store of meekness and kindness, speaking and acting in things great and small as gently as possible. Remember that the Bride of the Canticles is described as not merely dropping honey, and milk also, from her lips, but as having it ‘under her tongue.’ (Song of Sol. 4:11).” – St. Francis de Sales
- “Do not lose your inner peace for anything whatsoever, not even if your whole world seems upset. If you find that you have wandered away from the shelter of God, lead your heart back to Him quietly and simply.” – St. Francis de Sales
- When someone once tried to get St. Francis de Sales to be more upset about something, he replied, “Would you have me lose in a quarter hour what it has taken me twenty years’ hard work to acquire?”
- “As long as anger lives, she continues to be the fruitful mother of many unhappy children.” – St. John Climacus
- “There is no sin nor wrong that gives a man such a foretaste of hell in this life as anger and impatience.” – St. Catherine of Siena
- “Why lose your temper if by doing so you offend God, annoy other people, give yourself a bad time... and in the end have to find it again?” – St. Josemaria Escriva