



Catholic Dads Spiritual Triathlon Quiz

Heart. Mind. Home.

A quick spiritual fitness check for Catholic dads trying to run the race with Christ.

Not a test. Not a guilt trip.
For each question, choose what sounds most like your current training zone.

1. TRUST PROVIDENCE
Bring fear to God and take the next faithful step.

2. RENEW THE MIND
Name the thought. Test it in truth. Ask for grace. Choose charity.

3. MODEL THE GOOD
Let faith become visible through love, repair, and presence.

1. When stress hits, I usually...

- A. Pause, pray, and take the next faithful step.
- B. Sprint into control mode.
- C. Carry it silently and look "fine."
- D. Tap out and distract myself.

2. My Scripture habit lately is...

- A. Daily reps: small, steady, prayerful.
- B. Weekend warrior: mostly Sunday only.
- C. Warm-up only: I start, then drift.
- D. Benched: I know I need to get back in.

3. When an anxious or angry thought shows up, I usually...

- A. Name it, test it against truth, ask for grace, and choose charity.
- B. Let it coach me. Bad idea.
- C. Wrestle with it all day.
- D. Pass it along through my tone.

4. My children most often see me...

- A. Praying, apologizing, serving, and trying again.
- B. Working hard, but often distracted.
- C. Tired and hard to approach.
- D. Talking faith more than modeling it.

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5. Sunday Mass is...

- A. The center of the week and the start of the training plan.
- B. Important, but Monday forgets it quickly.
- C. Something we attend, but rarely discuss.
- D. Too often crowded out by schedules.

6. When I fail as a husband or father, I usually...

- A. Repent, repair, and return to grace.
- B. Defend my position.
- C. Feel guilty but stay silent.
- D. Avoid the locker-room review.

7. The training I most need this week is...

- A. Trusting Providence: stop running on fear.
- B. Renewal of the Mind: rewire my habits in Christ.
- C. Modeling the Good: make faith visible at home.
- D. All three. Lord, have mercy.

Results - sort of

Mostly A's	You are building endurance. Stay humble. Keep training.
Mostly B's	You may be overtraining in control. Let Providence coach your next step.
Mostly C's	You may be carrying hidden weight. Bring it to prayer, Scripture, and a trusted brother.
Mostly D's	Time for a restart. Catholic life is built on repentance, grace, and return.

Final question

Which leg of the Spiritual Triathlon do you most need this week?

1. Trusting Providence 2. Renewal of the Mind 3. Modeling the Good

Reflect. Discern. Microchange. Lead. Leave a legacy.
 - Edward L. De La Loza, EdD, LCSW
 Founder, CatholicDadsHQ.com

Spiritual Training Notes

Use this page after the quiz to choose one faithful microchange.

What I noticed

My strongest pattern today is:

What I need

The leg I most need this week is: Trusting Providence / Renewal of the Mind / Modeling the Good

One microchange

This week, with grace, I will:

A prayer for the home

Lord Jesus, form my heart, renew my mind, and help my family see faith become flesh.

Remember: the Catholic dad is not called to be perfect. He is called to be faithful.