



G O D L U C K

daily holy habits

by:
Michael Sante Poliziani

Hello,

It can be intimidating to begin your walk with Jesus Christ. Not everyone gets a dramatic conversion event that radically transforms their lives.

The more I share my story, the more I realize that people are yearning for a simple, tangible practice that can help them slowly begin their journey with Him. In this printable document I have boiled down the three most important daily habits that led me to God. These are the *God Luck: Daily Holy Habits*.

Nothing in life worth having is easy, but I must admit that sacrificing three minutes a day to perform three holy habits might be the easiest way to start.

I wish you all the very best. I pray that you find peace, and that the Lord work on you through these daily habits.

Mercy and Grace,

M.S. Poliziani

If you have any questions don't hesitate to reach
out to me:
michael@godluck.ca

1

GRATITUDE

This is where it all began for me. It will begin here for you as well.

I've heard that there are studies proving the fact that it is impossible to be in a state of depression or anxiety if you are in a state of gratitude.

I created a 90 day gratitude journal* for when you are ready to dive deeper into your daily gratitude exercise, but this document will do for now.

Write down 3 things every single day that you are grateful for. When I started they were simple things: my wife, my cat and our health.

God willing, with time, you will come to realize how those simple, everyday things that we take for granted are actually monumental blessings and will come to truly appreciate and be grateful for them.

2

MIRROR DECLARATION

A friend and work colleague of mine challenged me to adding 60 seconds of daily self-love to my routine after I shared with him that I started keeping a gratitude journal.

He was convinced that this exercise would change my life. To say he was correct would be a massive understatement. I thank God every day for having put Alex in my life and delivering this essential message that I have never skipped since November 2024.

The concept is simple: set a 60 second timer on your cell phone, stare at yourself in the mirror and say, out loud (not in your head), I AM... beautiful, handsome, successful, generous, caring, loving, etc.

God tells Moses, tell them “I AM WHO I AM” and there is no more powerful exercise. It will feel uncomfortable at times, other times it will feel empty and useless. Do it anyway. You will cry, you will laugh, every day will bring a different level of intensity. The important thing is that you never stop.

I recommend this exercise be done in the morning, before the world gets a chance to influence you. While the water gets warm in your shower, set your timer in front of your mirror and go for it.

3

PRAYER

This may not be an easy one for people to do because they've never done it before, or they're out of practice. I put two main prayers as a starting point for you to pray in the pages; you can pray however you want. I'm not here to debate theology and different religious factions, pray however you see fit with our Lord Jesus Christ.

The best way to approach prayer is to know that there is no best way to approach prayer. Our God is a living, loving and very approachable God. He is over my shoulder as I am writing this, and over your shoulder as you are reading this. He doesn't want you to be perfect, there is no perfect formula to talk to Him. This is my personal recommendation as a starting point, and I pray that you will develop your own practices and eventually walk in harmony with Him.

1- **Fixed prayers** (such as the Our Father and Hail Mary in the pages): I add prayers to the Saints, prayers for different days, etc. You can e-mail me if you'd like any others that might inspire you.

2- **Freestyle prayers**: This is you talking to Jesus. There is no formality here. Tell Him what's on your mind, how you're feeling. I do believe it is important to ask for forgiveness for any behaviors you've displayed that are wrong, to thank Him for things and then to start asking Him for what you need.

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DONE ✓

- I am beautiful.
- I am strong.
- I am smart.
- I am motivated.
- I am healthy.
- I am successful.
- I am loved.
- etc.

3. PRAYER

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And forgive us our trespasses,
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And lead us not into temptation,
but deliver us from evil.
Amen.

Hail Mary,
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The Lord is with thee.
Blessed art thou among women,
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1. _____

2. _____

3. _____

2. MIRROR DECLARATION

60 seconds of self-love spoken out loud in front of the mirror.

DONE ✓

- I am beautiful.
- I am healthy.
- I am strong.
- I am successful.
- I am smart.
- I am loved.
- I am motivated.
- etc.

3. PRAYER

Recite the following prayers and add an apology, a thank you and a request at the end.

Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation,
but deliver us from evil.
Amen.

Hail Mary,
Full of Grace,
The Lord is with thee.
Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners now,
and at the hour of our death.
Amen.



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