

How to Evangelize Anyone

Exercise Worksheet

This worksheet is designed to be used in conjunction with the full instructions found in *How to Evangelize Anyone*, by Jose Pulido. Shortened instructions are included for your convenience.

Chapter and page numbers for each exercise are provided for easy reference, and are especially helpful for those reading *How to Evangelize Anyone* in a group setting.

Print more copies of this worksheet at: catholicity.com/books/evangelization-worksheet.pdf

<u>Name of Exercise</u>	<u>Location in <i>How to Evangelize Anyone</i></u>
A) The Litany of Gratitude Prayer	— Chapter Two, Page 10
B) Contemplating and Expressing	— Chapter Four, Page 20
C) Building the When Statement	— Chapter Four, Page 22
D) Applying Brevity to Emotion	— Chapter Four, Page 25
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F) Crafting the Explanation Sentence	— Chapter Six, Page 36
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A) The Litany of Gratitude Prayer — Chapter Two, Page 10

The goal is to identify all the ways that this person is loved by God and the Holy Family. It will help your next conversation *start with love* and *arrive at love*.

Step One: Write a list of the person's commendable qualities.

Example: My son is...

- | | |
|---|--|
| - <i>hard-working,</i> | - <i>attentive to his daughter</i> |
| - <i>physically strong,</i> | - <i>good at cooking seafood</i> |
| - <i>has warm brown eyes,</i> | - <i>doesn't cheat on his girlfriend</i> |
| - <i>calls his grandfather every week</i> | - <i>visits me for lunch every Wednesday</i> |
| - <i>doesn't commit crimes,</i> | - <i>likes the local football team</i> |
| - <i>funny</i> | |

Use the space below to write a list of the person's commendable qualities:

Step Two: Refine your list to qualities that resonate with you personally. This step is about what *you* love. If a trait is not significant to you, cross it out. If you think of others that are, add them. Remove any "phrases of negation" that define what the person is *not* (e.g., "they are not a serial killer"). Replace negatives with affirmatives, and fix hybrid negative/positive statements by cutting the negative part.

Step Three: Turn the list into prayer. Add "Dear Lord," at the top, and "Thank you, Lord," at the bottom.

Step Four: You now have a prayer card. Pray it with the holy family. Save it for later use.

B) Contemplating and Expressing — Chapter Four, Page 20

Pick one of these three options and describe why you prefer it: coffee, tea, or water. Write a few simple notes on how you feel about it.

Circle one: Coffee Tea Water	Example: Coffee
1.	1. I like how coffee tastes
2.	2. Coffee wakes me up
3.	3. I like it black—it's bold and strong
4.	4. I like adding cream and sweet flavors
5.	5. I'm in a better mood after I drink it

Write one brief sentence to describe your preference, and then present it to Our Lady as a prayer.

Example: Holy Mary, coffee wakes me up in the morning and improves my mood. Thank you for listening to me.

Your turn.

Blessed Mother, _____.

(your statement)

Thank you for listening to me.

Repeat the exercise with an enjoyable activity of your choice. Be clear about *why* you like it.

Your Activity: _____	Example: Drawing Portraits
1.	1. It's creative
2.	2. It helps me see beauty in people
3.	3. I find it relaxing
4.	4. I like improving a skill
5.	5. I enjoy giving portraits as gifts

Next, add a “because” phrase to your sentence following these examples:

Holy Mary, I really like drawing portraits because it's relaxing and I can see people in a beautiful light. Thank you for listening to me.

Holy Mary, I really like working out at my local gym because it makes me feel healthy and energized, and I feel good about my body. Thank you for listening to me.

Holy Mary, I really like fishing because it's exciting to catch a fish, it's a chance to spend time with my fishing buddy, and it reminds me of my dad teaching me how as a boy. Thank you for listening to me.

Now it's your turn:

Blessed Mother, I really like _____.
(your activity)

Because _____.
(reasons)

Thank you for listening to me.

C) Building the When Statement — Chapter Four, Page 22

Craft your very own When Statement by choosing words that convey action, emotion, and reason. In the columns below, list three each:

1. **Actions:** Things you like to do (e.g., walking, cooking, putting up Christmas lights—anything).
2. **Emotions:** Choose up to three positive emotions these activities evoke (e.g. joy, satisfied, accomplished, peaceful, happy, relaxed, thrilled). Use only emotion words, not metaphors.
3. **Reasons:** Describe *why* you feel this way. Don't think too much—just let the words come out.

Action	Emotion	Reason
1.	1.	1.
2.	2.	2.
3.	3.	3.
Eg: Playing soccer	Eg: Excitement	Eg: It reminds me of my childhood friends
Eg: Hanging Christmas lights	Eg: Satisfaction	Eg: I like sharing the Lord's Nativity with others

Next, fill in your own When Statement. Here are examples:

When I play soccer, I feel excitement because it reminds me of my childhood friends.

When I hang Christmas lights, I feel satisfaction because I like sharing the Nativity with others.

Your turn:

When I _____, I feel _____
(action) (emotion)

because _____
(reason)

Now, make your When Statement into a prayer:

Holy Mary,

When I _____, I feel _____

because _____.

Thank you for listening to me.

D) Applying Brevity to Emotion — Chapter Four, Page 25

Choose something you love about the Catholic Faith and describe how it makes you feel. Find the best emotion word to convey this. If all else fails, work backwards: start with an emotion word, then describe the feelings around it and see if a faith activity pops into your head.

Action	Feelings	Emotion Word
1.	1.	1.
2.	2.	2.
3.	3.	3.
Eg: Receiving the Eucharist	Eg: Warm, loved, a sense of god's presence	Eg: Serenity

Reverse Option

Emotion Word	Feelings	Action
1.	1.	1.
2.	2.	2.
Eg: Anticipation	Eg: Eagerness, high energy, positive vibes	Eg: Attending a wedding

Take a prayerful moment to review this list with Our Lady. Sit with her as she places her arm around your shoulder. Discuss your particular connections to practicing the faith. Thank her for listening.

E) Finding Value Words to Express Purpose — Chapter Five, Page 29

The goal of this exercise is to reflect on why you pursue the things that you love about the faith. For the **When I** and **I Feel** column, copy three **actions** and **emotions** from the *Applying Brevity to Emotion* exercise. Next, write your **reason** for feeling each emotion, trying to keep it short. In the fourth column, condense each reason into one **value word**. See below for inspiration.

When I... (action)	I feel (emotion)	Because (reason)	Value Word
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
Eg: Receive the Eucharist	Eg: Serene	Eg: I am secure knowing that God loves me enough to share himself. I feel his warmth and goodness when he is close.	Eg: Connection

VALUE WORDS

Connection	Perseverance	Optimism	Accountability	Integrity
Truth	Patience	Passion	Discipline	Dedication
Family	Loyalty	Diligence	Flexibility	Faith
Virtue	Empathy	Fairness	Dependability	Unity
Respect	Humility	Authenticity	Friendship	Compassion
Wisdom	Generosity	Courage	Selflessness	Prudence
Kindness	Innovation	Resilience	Transparency	Stability
Gratitude	Creativity	Balance	Open-mindedness	Collaboration
Justice	Freedom	Forgiveness	Adaptability	Hope

Helpful Tip: If you are struggling to choose, circle ten that resonate the most. Then, cross out the lowest five. Then cross out two more. This will leave you with three of your top values.

Create a new When Statement by filling in the following template:

When I _____, I feel _____, because I value _____.

(action) (emotion word) (value word)

F) Crafting the Explanation Sentence — Chapter Six, Page 36

Starts with making three When Statements using the latest template:

When I [action], I feel [emotion], because I value [value].

When I _____, I feel _____, because I value _____.

When I _____, I feel _____, because I value _____.

When I _____, I feel _____, because I value _____.

Pick the best one and make it as short as possible using a strict word count of one to three words for action and one word each for emotion and value.

Example:

When I sing with my friends in the choir, I feel joy, because I value connection with others.

Turns into...

When I sing at Church, I feel joy, because I value connection.

Your turn:

When I _____, I feel _____, because I value _____.
(1-3 action words) (1 emotion word) (1 value word)

Now we can craft the Explanation Sentence. The goal is to fill in the gaps created by the When Statement, and there is one rule: **use ten words or fewer**. It helps to write multiple iterations so you can get your idea out first before trimming it down to ten or fewer words.

Example:

When Statement: *When I sing at Church, I feel joy, because I value connection.*

Explanation Sentence Draft 1: *Singing with others for God brings out a lot of care, affection, and good will between me and the other choir members. (22 words)*

Draft 2: *Singing together creates a lot of affection and goodwill between the members of the choir. (15 words)*

Draft 3: *Singing together fosters affection and unity among the choir. (9 words)*

Final Combination: *When I sing at Church, I feel joy, because I value connection. Singing together fosters care and affection among the choir.*

Craft your Explanation Sentence (goal 10 words or fewer):

When I _____, I feel _____, because I value _____.

Explanation Sentence Draft 1: _____

Draft 2: _____

Draft 3: _____

Turn your two sentences into a prayer:

Dear Lord + [*When Statement*] + [*Explanation Sentence*] + Thank you, Lord.

Your turn:

Dear Lord, When I _____, I feel _____, because I value _____.

_____. Thank you, Lord.
(*Explanation Sentence*)

Now that you have this combination, take a few moments to ask Mary and Joseph to join you in this prayer. Take a second, sit in it, and take another break with them in the Holy Family's living room.

G) Practicing Narration — Chapter Nine, Page 58

Narration is simply chaining together multiple When Statements to tell a story that conveys personality, values, and logic in a connected sequence.

Example Activity: Morning Routine

Action Steps <i>When I...</i>	Emotion <i>I felt...</i>	Reason / Value <i>Because...</i>
1. Woke up early 2. Ate Breakfast 3. Left on time	1. At ease 2. Content 3. Satisfied	1. I like having a leisurely morning. 2. I value a healthy start to the day. 3. I value punctuality.

Narration:

When I woke up early, I felt at ease, because I like having a leisurely morning.

Then as I ate breakfast, I felt content, because I value a healthy start to the day.

Finally, when I left on time, I felt satisfied, because I value punctuality.

Now it's your turn. Craft each column separately to build the habit of thinking through an activity sequentially. Each column should only take a minute or so to work through, so if it's going too slow, try a simpler example. First, start by picking a light topic. Then fill in the **action steps**, the **emotions**. For the **reasons/values** column, using a combination of **Because Statements** and **Value words**.

Your Activity: _____

Action Steps <i>When I...</i>	Emotion <i>I felt...</i>	Reason / Value <i>Because...</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.

Your Narration:

When I _____, I felt _____, because _____.

Then, I _____, and I felt _____, because _____.

Finally, when I _____, I felt _____, because _____.

Deeper Activity: Visiting the Cathedral

Action Steps <i>When I...</i>	Emotion <i>I felt...</i>	Reason / Value <i>Because...</i>
1. Went to the cathedral 2. Encountered the Holy Family in prayer 3. Left the cathedral	1. Peace 2. Joy 3. Comfort	1. It is a beautiful, tranquil place to sit and meditate. 2. I value family. 3. The Holy Family is always with me.

Narration:

When I went to the cathedral, I felt peace, because it is a beautiful, tranquil place to sit and meditate.

Then, when I encountered the Holy Family in prayer, I felt joy, because I value family.

Finally, as I left the cathedral, I felt comfort, because the Holy Family is always with me.

Your Deeper Activity: _____

Action Steps <i>When I...</i>	Emotion <i>I felt...</i>	Reason / Value <i>Because...</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.

Your Narration:

When I _____, I felt _____, because _____.

Then, I _____, and I felt _____, because _____.

Finally, when I _____, I felt _____, because _____.

Make this into a prayer by adding a greeting and an appropriate close that reflects the tone of the Narration, such as "Thank you God," or "How can we get through this together?" or "Thank you for listening to me."

Consider addressing God the Father, Jesus, the Holy Spirit, the Blessed Mother, Saint Joseph, or any other saint. Once your prayer is written, begin with the Sign of the Cross and pray it simply by reading it as is. To feel its full impact, record yourself and play it back—you may be surprised at the depth you are communicating in just a few lines.

H) Fighting Negativity by Saying “Yes” — Chapter Ten, Page 69

To overcome negativity, say “yes” to things, replacing the negativity with openness to God’s love.

Start with yourself. Find a mirror or turn on the front-facing camera of your phone, then say, quickly or slowly, “Yes... yes... yes... yes... yes,” while looking at your reflection. Do this for ten seconds.

Next, look at your hand and do it again: “Yes... yes... yes...”

Now, pick an object near you—a pen, a nightstand, a beverage. Focus on it. “Yes... yes... yes...”

Use the space below to write down some things, people, or situations you can say yes to:

I) Building Confidence with “I’m Right” — Chapter Ten, Page 70

The *I’m Right* Exercise is designed to build confidence by affirming that, through God’s grace, we are right about certain truths.

Identify a specific belief you are confident is true, such as: the Eucharist is the true presence of Christ; the daily Rosary is a powerful prayer for growing closer to the Blessed Mother; God loves me despite my shortcomings, because I am his child; Saint Joseph’s intercession is powerful.

Dear God, by your grace, I am right to believe [*confident truth*]. Thank you, God.

Fill in the template:

Dear God, by your grace,

I am right to believe _____.

Thank you, God.

(*confident truth*)

For an even simpler version, say “I’m right” five times:

I’m right. I’m right. I’m right. I’m right. I’m right.

J) Discerning Action — Chapter Ten, Page 72

The goal is to recreate for ourselves a sentence similar to the one the angel spoke to Saint Joseph:

“Joseph, son of David, do not be afraid to take Mary your wife into your home.” (Matthew 1:20)

Your Title of Honor: If you are in a group setting with someone you know, ask them, “What do you think my title of honor is?” If you are alone, choose a title from the list below and try it on:

Child of God	One Who Loves	Lover of Beauty
Soldier of God	Harvester of Souls	Bearer of Peace
Son or Daughter of God	Steward of the Earth	Defender of the Faith
Bringer of Joy	Friend of the Poor	Builder of the Kingdom
Lover of Wisdom	Witness to Grace	

Fill in the following template with your chosen title:

_____, _____.
(*Your Name*) (*Title of Honor*)

Your Relationship: The next step is to understand how God views the person you are trying to evangelize—the person on the mantelpiece of the Holy Family.

1. Write down the person's name: _____
2. Pray about them honestly, including any difficulties or hesitations you feel.
3. Reflect on their good qualities—be as specific as possible.
4. Look at their name and say “yes” five times.

Next, ponder how this person relates to you. If this person is your son, refer to him as “my son.” If it is your sister, refer to her as “my sister.” If he or she is your lifelong friend, describe them as such. For example:

Sandra, my daughter. Jonathan, my brother. Alfonso, my best friend.

Your turn:

_____, my _____.
(*Their name*) (*relationship title*)

How to Find Actions to Take: Identifying activities you genuinely enjoy—whether they are specific activities like chess, general pleasures like eating, ordinary moments like having tea, or extraordinary pursuits like mountaineering. Write down as many as you can in the space below:

Now that you have identified activities you enjoy, make a similar list for the person you are trying to evangelize. Include things they enjoy that are appealing enough to you that they make you want to connect with this person—perhaps by picking up the phone and starting a conversation. Write down as many as you can in the space below:

Apply the filters of Virtue, Practicality, Connection, and Enjoyment, **found on page 77-78**. When finished, choose one of these activities and put it into the following template, combining your Title of Honor, your relationship, and the activity:

_____, _____, **fear not to** _____
(Your name) (Title of Honor) (activity)

with _____, **your** _____
(their name) (relationship)

You now have virtuous, practical, meaningful, enjoyable activities to pursue with the person you want to evangelize, in addition to the tools to talk with them in a way that encourages a deep, meaningful connection.

K) Open-Ended Questions — Chapter Twelve, page 102

Take a moment to think of someone you want to evangelize. Notice the emotions that spring up. Name them, then express them to God.

Dear God, when I think about [*person's name*], I feel [*emotions*]. Thank you for listening to me.

Next, use **How, What, and Why questions** prompt the RAS system to produce ideas and images. Avoid questions with “yes or no” answers. Focus your thoughts and guide your imagination toward hope-filled possibilities. If the first question does not prompt a clear answer, try another, and then another. Eventually, you will uncover meaningful insights.

What would it look like for this person to happily attend Mass?

Why could this person enjoy praying a Rosary with me?

What kind of place would help them feel comfortable while talking about the faith?

What might they like about Mass?

How would the car ride to their first Mass or Confession in a long time look?

What would I say during that car ride?

What would it take to start a deep relationship with this person?¹

What Mary Foundation “tool for evangelization” could be most impactful for this person?

What things about being in the Catholic Church would they enjoy the most?

When has this person been open to discussing the faith in a civil manner?

When has this person been open to having a civil or positive conversation about anything?

How can I imagine future interactions which could be positive and civil?

Use this space below to write down some of the answers you received to these questions. You can also write additional open ended questions with their own answers, along with possible concrete steps you can take during your evangelization:

¹ This open-ended question process is inspired by Zoe Chance in her book: *Influence Is Your Superpower: The Science of Winning Hearts, Sparking Change, and Making Good Things Happen* (New York: Random House, 2022)

L) Four Steps to Imagine Like Jesus — Chapter Thirteen, Page 105

Step 1: Identify the most impactful situation or person for evangelization.

Write this person's name here: _____.

Step 2: Reflect on any obstacles you foresee, and if applicable, why this relationship hurts so much. Do not shy away from the pain or dismiss it with platitudes. Instead, bring these reactions to your heavenly Father with honesty and respect, remembering that Jesus allowed Ananias to express his concerns before taking action.

Example: "When I think about evangelizing Uncle Jimmy, I feel hesitation because I really value our relationship and don't want to strain it."

Fill in the following:

When I think about evangelizing _____, I feel _____,
(*this person*) (*emotion(s)*)

because _____

_____.

(*obstacles, pains, difficulties*)

Step 3: List the person's attributes which could serve God's kingdom on earth. Include their education, talents, experiences, relationships, resources, and so on. Write these in the space below:

Step 4: Acknowledge your positive emotional reactions to these attributes and their potential effects. Reflect on how his or her particular gifts could contribute to the kingdom, and allow this to guide your approach in evangelization.

This step is about *your* emotional reaction to the potential positive outcomes you have imagined, which certainly will be a good one. Take time to express those emotions to yourself clearly.

Example: “When I think about Uncle Jimmy impacting the men at the bowling Club, I feel excited because it could lead to more fathers and grandfathers joining our work of evangelization.”

Fill in the following:

When I think about _____ ,
(*person's name*) (*action contributing to the Kingdom*)

I feel _____ ,
(*emotion*)

Because _____ .
(*reason*)

The power of these answers lies in connecting your imagination, emotions, and purpose to aim them together at a powerful positive outcome, overcoming negativity and allowing you to truly look with eyes of love.

Recall the basketball experiment: simply imagining a better outcome has a measurable effect toward bringing it about. *What you imagine today* is what your mind and body *will be compelled to make into a reality with Our Lord going forward.*