



Daily Examen

Thanksgiving:

What am I especially grateful for in the past day?

The gift of another day?

The love and support I have received?

The courage I have mustered?

An event that took place today?

Petition:

I am about to review my day;

I ask for the light to know God and

to know myself as God sees me.

Review:

Where have I felt true joy today?

What has troubled me today?

What has challenged me today?

Where and when did I pause today?

Have I noticed God's presence in any of this?

Response:

In light of my review,

what is my response to the God of my life?

A Look Ahead:

As I look ahead, what comes to mind?

With what spirit do I want to enter tomorrow?

SAINT IGNATIUS OF LOYOLA

