

# Daily Examen

## **AWARENESS**

I take a moment to let my mind and body be truly calm and recognize that God is with me, here and now, wherever I am.

## **HONESTY**

I ask God to help me to be truly honest with myself as I pray now, and to be open to whatever God might have to show me.

## **THANKS**

Looking back on the past 24 hours, when did I both genuinely love and feel loved?

When did I genuinely feel good about myself?

Knowing that these moments reflect God's presence in my day, I take a minute to let them sink in and be grateful

## **GROWTH**

What did I struggle with in the past 24 hours?

How did I feel during these times?

"Failures" can be opportunities to hear God's voice in my life. If I feel compelled to express regret to God for these times, I do so, confident that God is lovingly ready to help me with whatever I ask.

## **LOOKING AHEAD**

I briefly consider the day ahead. I ask God for help as I face the day, and ask in particular to recognize God's presence as I go through the day.

Philippine's Journey  
continues through us.