Daily Examen – Jenny Tighe

**Recall -**
What am I especially grateful for today?

**Reflect -**
How did I see God in all things today? How did I see God in my own behavior? In the actions of others? In the creation around me?

**Review -**
Where did I see injustice in our world? Where did I see peace? Did I miss (or take) an opportunity to walk alongside another person today?

**Respond -**
How did I respond to each moment in the day? Did my behavior take shape as action to elicit change? Did my behavior bring peace to others? If I didn’t take action, why not?

**Resolve -**
Is there anything I would do differently in order to better reflect God’s love for others tomorrow? Is there a way I can deepen my connection to God?