*Opening*:

**Begin by taking several deep breaths and**

**recall that you are in God’s presence.**

***Reflection:***

Spend time reviewing the joys and blessings

of this day.

***Connection:***

**How did the interactions of the day make me feel?**

**What feelings come up when reviewing the day?**

**What memories of the day trigger the strongest**

**emotions?**

***Intention:***

**Who do I want to be tomorrow? How can I be**

**that person?**

***Direction:***

As I look toward tomorrow, what invitations do I

sense from God?