**A Humanist Daily Examen**

*Written and Offered by Christian Sheehy*

I begin in my usual way,

in a meditative position in a comfortable, quiet place.

I seek the resolve and strength to examine my thoughts and deeds throughout the day without judgement,

knowing that I always strive to improve the lives of those around me and the communities in which we live.

I reflect on my seemingly insignificant place floating in the vast universe.

How did I contribute to the wonder of those around me?

Who did I serve?

How did I discern with my reason and by seeking the wisdom of those I am close to?