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**Insights: Pilgrimage Daily Examen**

What experience did I have today that I am most thankful for?

Why am I most thankful for this particular moment/experience? Did it provide me any insight about myself or my relationships with others?

Did I make the most of my day, or was I challenged by an experience, person, historical site, or feeling that I allowed to cloud my experience?

Did I take the time to observe God’s love in these experiences? In retrospect, were there other instances of God’s love that I didn’t see in the moment?

What did I learn from today that I can apply to tomorrow?