Russell Lacey

**Daily Examen**

What am I thankful to God for today? How have I been blessed by God today?

How did I exude joy and gratitude for my blessings?

How did I do in terms of being present and living in the moment? When did I miss opportunities to experience joy and gratitude in real-time? Did I feel the presence of God in nature and in the people I interacted with today?

How did I display humility and love for others today? How did I make a positive difference in the lives of others? How did my actions honor God and carry out God’s will?

What challenges did I face today? Am I happy with how I responded? What did I learn from my challenges?

As I reflect, how am I evolving as a man to be a more faithful and loyal servant to God?