

Ignatian Daily Examen

Lifang Wu

Opening:

Thankful for another wonderful day
Thankful for my role in this world
Thankful for my health and my time

Reflection:

As I reflect, I ask for a personal break and a quiet place
Did I make the best effort for myself?
Where were my struggles?
How did I make it through the day?
Did I notice God's presence in my life throughout the day?
Am I developing habits of reflection?

Direction:

Who do I want to be tomorrow?
For tomorrow, am I healthy?
For tomorrow, am I prepared?
For tomorrow, how do I show my love for others?