

My Examen

Pause and take a slow deep breath or two; become aware that you are in the presence of the Holy and a thread in the weave of life.



For the past day I am especially grateful ...

...for the gift of another day that my parents are alive, that my children are healthy, normal, do not have problems and are in general lovable creatures.

...for the support I have received from my colleagues and staff at work.

...for the laughter and good humor I had at work and at home.

Petition

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

Review

What made me feel pressured?

What made me feel bad about myself?

What made me feel angered?

What made me happily laugh today?

What made me feel satisfied with my life?

Did something good happen that makes it worth living?

Response

In light of my review how can I change my approach towards life? Towards the work place? Towards my family?

A Look Ahead

As I look ahead what comes to mind?

With what spirit do I want to enter tomorrow?