Jarred Price

March 29, 2023

**AFMIX XII Reflection**

The last two years have gone by so quickly. I decided to join the AFMIX cohort about a year after I first started working at Xavier due to the praise and recommendations for the program from several members of the Xavier community. I am certainly glad that I joined the AFMIX XII cohort. I have enjoyed the weekly meetings, and there will be an empty feeling when the fall semester starts up and there is not a weekly AFMIX session to attend. I have learned so much in these two years, ranging from Ignatian history to what it means to be a Jesuit institution. It was quite beneficial to learn about St. Ignatius and how everything came to be. I have a better understanding of the university's mission, and I am now better able to discern what is truly important and to ensure that I take time to take care of myself and others. It was also quite beneficial to discuss these important matters with other members of the Xavier community, and AFMIX affords the option to collaborate with others from across campus.

               For my AFMIX project, I have created a Daily Examen that has been beneficial for me. This Examen allows me to reflect on the past day and ensure that I am taking care of myself and making the right decisions for the path forward.

**A Day in Review**

What went well or poorly today?
Was there an experience today that I could have responded to differently?
Did I act with kindness and compassion today?
Have I used my time to its fullest?
Have I reached out to those closest to me recently?
What am I most thankful for today?
Have I taken time out of the day to work on personal goals?
What will I set out to do tomorrow?