**A Daily Examen with a Focus on Discernment**

*Written by Joe Shadle, Xavier University*

Center yourself and take a few deep breaths.

What am I grateful for today?

Where is a place that I find restful on campus?

When have I been most reflective during my time at Xavier?

In my time at Xavier, when have I found true joy?

When have I found deep consolation?

When have I struggled?

When have I experienced desolation or disconnected from myself and others?

When have I been part of a decision making that included reflection as part of the process?

How have I included reflection in my decisions?

In light of my review, what comes to mind?