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

*Written by Joe Shadle, Xavier University*

Center yourself and take a few deep breaths.

What am I grateful for today?

What about my work gives me joy?

What kind of projects or work energizes me?

When have I found myself going the extra mile for a colleague or student?

How did I feel when I did that?

What work have I been involved in that focuses on the bigger picture?

What work have I been involved in that focuses on the common good?

When do I most struggle with my own self-centeredness?

When have I been selfish or impatient?

What frees me up to be my best self?

In light of my review, what comes to mind?