**A Nonbeliever’s Examen**

I begin by clearing my mind of all that’s left to do and yet to come.

I am only considering this day.

What did I appreciate about myself as an individual?

What did I appreciate about the people in my life?

How did I value interdependence?

In what ways have I experienced wonder, awe, or curiosity? What unanswered questions do I have?

What have I changed my mind about? What am I grateful to have learned?

What was I adamant about? When was I defensive?

How might I be closing myself off to people or ideas?

What can I do tomorrow to expand my thinking?

How can I more positively affect the people in my life and the world in which I live?

* **Samantha Devereaux***Evening Supervisor, Library*