

DAILY EXAMEN

At the end of the day, take 5-10 minutes to look over the day and see how your soul has been. This creates an awareness of ourselves, the movement of God in our lives and helps us to care for our own souls. Ignatius of Layola focused on two themes:

Consolation: that which drew him closer to God

Desolation: that which moved him away from God

Today I felt connected to God when:

I was happy when...

I felt peaceful when...

I felt contented when...

Any other more “positive” emotions...

Thank God for these moments in your day.

I felt disconnected to God when:

I was angry because:

I was sad because:

I was afraid because:

Any other of the “negative” emotions...

Lift these up to God honestly, valuing what they show you about yourself, God, and life.

If something needs to be forgiven, ask. If something needs to be made right, ask God for the grace to do so.

Let them go, receive God’s love and acceptance and ask God to give you peace.