

SAINT IGNATIUS' DAILY EXAMEN OF CONSCIOUSNESS

THANKSGIVING

What am I especially grateful for in the past day ...

The gift of another day ...

The love and support I have received ...

The courage I have mustered ...

An event that took place today ...

PETITION

I am about to review my day; I asked for the light to know God and to know myself as God sees me.

REVIEW

Where have I felt true joy today?

What has troubled me today?

What has challenged me today?

Where and when did I pause today?

Have I noticed God's presence in any of this?

FORGIVENESS

In light of my review, what is my response to the God of my life?

As I look ahead, what comes to mind?

A LOOK AHEAD

With what spirit do I want to enter tomorrow?