



The Daily Examen



Keep a journal as you reflect back on your day.

The goal is to tune in to God's presence.

Step 1: Be still for a moment as you take two deep breaths.

Step 2: Acknowledge that you are entering into a sacred space of curiosity, and invite God to meet you there.

Step 3: As you start to notice, try to keep your observations free of judgment.

Step 4: Jot down the times you noticed when God seemed to be **present** in your day. Jot down the times you noticed when God seemed to be **absent** in your day. Jot down the times when God seemed **present but not so obvious**.

After a week of journaling, take notice:

When did God seem most present to you?

When did God seem most absent?

Spend some time getting curious, reflecting and journaling about what you noticed.