



## Examen of Life

### Pray

Ask The Holy One to be with you as you reflect and notice. Ask to be able to see yourself through the eyes of The Holy One.

### Give Thanks

Reflect over the day (or week) and remember the people, experiences, and gifts for which you are most thankful.

### Look for God's Presence

Review the day (or week) and notice when The Holy One felt particularly present. Hints for The Holy's active presence include times of joy, love, hope, and peace. Savor these moments. Ask what The Holy One is showing or revealing to you in those moments.

### Respond

Consider how you want to respond to The Holy One. Are you grateful? Are you inspired? Are you more clear? What is your response?

### Look Forward

After your Examen experience, what will you do tomorrow? What will you notice? To what will you commit?



## Examen for Leaders

### Pray

Ask The Holy One to be with you as you reflect and notice. Ask to be able to see yourself through the eyes of The Holy One.

### Give Thanks

Reflect over the day (or week) and remember the people, experiences, and gifts for which you are most thankful.

### Look for God's Presence

Review the day (or week) and notice when The Holy One was present in your leadership, relationships, and influence. Hints for The Holy's active presence include times of clarity, alignment, hope, and peace. Savor these moments. Ask what The Holy One is showing or revealing to you in those moments.

### Respond

Consider how you want to respond to The Holy One. What has The Holy revealed that you want to continue in your leadership? About how you want to lead in a different way? How will you respond?

### Look Forward

After your Examen experience, what will you do tomorrow? Where will you focus? To what will you commit?



## Examen for Caregivers

### Pray

Ask The Holy One to be with you as you reflect and notice. Ask to be able to see yourself through the eyes of The Holy One.

### Give Thanks

Reflect over the day (or week) and remember the people, experiences, and gifts for which you are most thankful.

### Look for God's Presence

Review the day (or week) and notice when The Holy One felt particularly present in your care for others? Hints for The Holy's active presence include times of peace, love, care, and intervention. Savor these moments. Ask what The Holy One is showing or revealing to you in those moments.

### Respond

Consider how you want to respond to The Holy One. Are you grateful? Do you have a sense of peace. Do you need strength and guidance? What is your response?

### Look Forward

After your Examen experience, what will you do tomorrow? What will you notice? To what will you commit?



## Examen for Self-Care

### Pray

Ask The Holy One to be with you as you reflect and notice. Ask to be able to see yourself through the eyes of The Holy One.

### Give Thanks

Reflect over the day (or week) and remember the people, experiences, and gifts for which you are most thankful.

### Look for God's Presence

Review the day (or week) and notice when The Holy One guided your self-care. Hints for The Holy's active presence include times of joy, love, rest, self-care, and peace. Savor these moments. Ask what The Holy One is showing or revealing to you in those moments.

### Respond

Consider how you want to respond to The Holy One. Are you feeling positive? Rested? Energized? Cared for? What is your response?

### Look Forward

After your Examen experience, what will you do tomorrow? What will you notice? To what will you commit?

