

# **Reflecting on Your Day: The Ignatian Daily Examen**

## **I. Become Aware of God's Presence**

**Imagine how God sees you. Ground yourself in this understanding and in God's presence. Ask God to help you have clarity as you begin reflecting on your day.**

## **II. Review the Day with Gratitude**

**For what are you grateful today?  
What happened for which you can give thanks?**

## **III. Pay Attention to Your Emotions**

**Look over the events of your day. How did you react? Focus on one or two moments that stand out. When were you loved? When did you love? Did your reactions or emotions draw you closer to compassion or further from it?**

## **IV. Choose one part of the day and pray**

**Reflect on a challenge you experienced, perhaps a place you said or did something you regret. Express your sorrow or frustration over this moment and allow God's compassionate forgiveness to shed light on the situation.**

**Discern any further action you may be prompted to take.**

## **V. Look Toward Tomorrow**

**Set your mind on what is to come. How can you reflect the light of love into your circumstances, interactions, or relationships? For what do you long? How might you experience God's compassion in the next 24 hours?**