



## THE DAILY EXAMEN

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- Be still
  - Become aware of God's presence
- Practice gratitude
  - Give thanks for today's blessings
- Reflect on your day
  - Where did I see God in my life?
  - How did I help or show love to someone?
  - How did I intentionally spend time with God?  
What did I experience as a result of our time together?
- Ask for Guidance
  - Allow the Holy Spirit to direct your thoughts on the day
- Hope
  - Look forward to what is to come

