

Daily Examen (Saint Ignatius of Loyola)

- 1. Know that God is with me.**
I look at my day with God's eyes, not just my own.
- 2. Give thanks.**
I am thankful for the day I have just lived.
It is a gift from God.
- 3. Review my day.**
I think about my day from the beginning until now.
- 4. Think about my choices.**
Did I make good choices today? Did I sin?
I ask for God's forgiveness.
- 5. Think of ways God can help me tomorrow.**

