THE EXAMEN

Adapted from Ignatian Spirituality’s “How to Pray”

This activity is all about reflecting on how you interact with the world and where the different graces are in your life. Begin by identifying who you have been, who you currently are, and who you want to be.

For the Examen to have its full effect, you will need to journal your reflections each day. At the end of the week, look back at the different things you have written and notice the different patterns that arise in your daily life. These patterns will guide your attention to where lasting change might occur.

1 GRACED UNDERSTANDING
As you begin to practice the Examen it’s important that you get yourself in a nonjudgmental, compassionate mindset. Shifting your mindset to an unbiased perspective will allow you to honestly and wholly look at your actions throughout the day and how you responded in different situations.

2 GRATEFULLY REVIEW
Note with particular attention the joyful moments of the day and the different graces that were experienced. Look at all that you accomplished and the people with whom you interacted. Think of the concrete details and the small things throughout the day.

3 ACKNOWLEDGE THE RANGE OF EMOTIONS
How did you act throughout different moments of your day or what emotions did you feel? How did you move away from/closer to who you want to be? If you acted in ways that are contrary to who you want to be, why? If you felt yourself moving closer, how?

4 CONSCIOUSLY REFLECT
Choose one moment from the day and thoroughly reflect upon what it is about that moment that brought you closer to/farther away from who you want to be. If you feel as if you should say thank you for a particular moment, make a note of it. Whether the moment is positive or negative, gently think to yourself “I am grateful for these moments.”

5 LOOK FORWARD
Consider your schedule of events for the upcoming day after this reflection. Pay attention to what feelings surface as you look towards the tasks ahead. Think about where you are feeling you might need more social support. Be resolved to reach out for help from those around you (RD, friend, professor, etc.).
THE EXAMEN
Adapted from Ignatian Spirituality’s “How to Pray”

This activity is all about reflecting on how you interact with the world and where the different graces are in your life. At the beginning of the week, identify where God’s presence might be in your life.

For the Examen to have its full effect, you will need to journal your reflections each day. At the end of the week, look back at the different things you have written and notice the different patterns that arise in your daily life. These patterns will guide your attention to where God might be calling you to focus.

1. GRACED UNDERSTANDING
As you begin to practice the Examen it’s important that you recognize God’s presence. Shifting your mindset to view the day through God’s eyes will allow you to honestly and wholly look at your actions throughout the day and how you responded in different situations.

2. GRATIFYINGLY REVIEW
Note with particular attention the joyful moments of the day & the different graces that were experienced. Look at all that you accomplished & the people with whom you interacted. God is in the details, so think of the concrete details & the small things throughout the day.

3. ACKNOWLEDGE THE RANGE OF EMOTIONS
How did you act throughout different moments of your day or what emotions did you feel? How did you move away from/closer to God? If you acted in ways that have impacted your relationship with God, why? If you felt yourself moving closer to God, how?

4. CONSCIOUSLY REFLECT
Choose one moment from the day where you feel God may be calling you and thoroughly reflect upon it. If you feel as if you should say thank you for a particular moment, make a note of it. Whether the moment is positive or negative, gently think to yourself “I am grateful for these moments, for God is present.”

5. LOOK FORWARD
Consider your schedule of events for the upcoming day after this reflection. Pay attention to what feelings surface as you look towards the tasks ahead. Think about where you are feeling you might need more social support. Be resolved to reach out for help from those around you (RD, friend, professor, etc.).