

THE EXAMEN

TRADITIONAL	ADAPTED TO "VOCATIONAL" DECISION MAKING
<p data-bbox="209 388 779 455">Choose a comfortable and quiet setting. Take a few moments to breathe deeply and to be still.</p> <ol data-bbox="236 494 806 1644" style="list-style-type: none"><li data-bbox="236 494 806 600">1. Acknowledge that you are in God's presence: Ask for God's light to illumine your mind and heart.<li data-bbox="236 639 806 823">2. Gratitude: call to mind and offer thanks to God for the moments of blessing or grace you experienced today. (N.B. Challenging or difficult moments can be moments of grace.)<li data-bbox="236 890 806 1354">3. Review: beginning with waking up, review your day.<ol data-bbox="290 1035 806 1354" style="list-style-type: none"><li data-bbox="290 1035 806 1141">A. Notice those moments when you loved, when you cared for others, and when you lived as you want to live.<li data-bbox="290 1141 806 1354">B. Notice those moments when you failed to love, when you neglected to care for others, or when you did not live as you want to live. Ask God for forgiveness, pray for those you did not love or care for.<li data-bbox="236 1470 806 1644">4. Ask for God's help for a new day: Aware of your goodness and your need to grow ask God for a restful sleep and for the grace you need to live in God's presence, and to live well tomorrow.	<p data-bbox="844 378 1413 446">Choose a comfortable and quiet setting. Take a few moments to breathe deeply and to be still.</p> <ol data-bbox="870 484 1440 1673" style="list-style-type: none"><li data-bbox="870 484 1440 707">1. Acknowledge that you are seeking insight into your life's path: Ask for light to illumine your mind and heart. (N.B. If you are a believer, ask for God's light; if you do not believe in God, call upon your inner light and spirit)<li data-bbox="870 745 1440 842">2. Gratitude: call to mind and offer thanks for moments of blessing, when you experienced life as a gift.<li data-bbox="870 880 1440 1315">3. Review: beginning with waking up, review your day and the pattern of your feelings, and thoughts about a particular life path;<ol data-bbox="924 1025 1440 1315" style="list-style-type: none"><li data-bbox="924 1025 1440 1170">A. Notice those aspects of thinking about your life path that bring you a sense of inner peace or joy (movements of consolation);<li data-bbox="924 1170 1440 1315">B. Notice those aspects of thinking about your life path the bring you a sense of inner discord or unease (movements of desolation)<li data-bbox="870 1460 1440 1673">4. Awareness: Aware of your own desire to know the life path that will bring you joy and be a blessing for others, resolve in your mind and heart to live in awareness tomorrow of the ways that life is calling you.