



R Recognize God's presence in your day.

F For what moment are you most grateful?

F For what moment are you least grateful?

W Where did you see God at work in your day?

L Look toward tomorrow.

Other ways of asking the same questions:

"If you could relive one moment from today, which one would it be?"

"When were you most able to give and receive love today?"

"What was said and done in that moment that made it so good?"

"When were you least able to give and receive love?"

"What helped you get through the difficult parts of your day?"

Consider using this or a similar version of Ignatian's Examen to reflect on your day with those you live with, or with a friend over the phone!