

DAILY EXAMEN



5-30 min.

BECOME AWARE OF GOD'S PRESENCE IN YOUR LIFE



TAKE SOME TIME TO COME TO A STOP



ASK TO LOOK AT YOUR LIFE WITH GOD'S MILD EYES



LOOK BACK ON THE DAY JUST COMPLETED



WHAT DO YOU WANT TO THANK FOR? WHAT DO YOU WANT TO ASK PARDON FOR?



WHAT DO YOU WANT TO ASK GOD IN ORDER TO GROW?



TO CONCLUDE SAY A PRAYER YOU'RE FAMILIAR WITH