

G.R.A.C.E.: **Daily Examen**

The daily examen is an Ignatian practice of prayerful self-reflection. G.R.A.C.E. is my variation on the traditional examen. Depending on your schedule, you may prefer to practice G.R.A.C.E. in the evening or on the following morning. As you review the day, you may wish to write your response to each question in your journal or to draw a spontaneous mandala. You are also welcome to experience G.R.A.C.E. with your body: for example, while walking, stretching, or dancing. Please do what feels right for you.

Gratitude

What were the **gifts** of the day, and how might I express my **gratitude**?

Receptivity

How might I become more **receptive** to the presence of Love here now?

Awareness

Illumined by Love, what fresh **awareness** of the day (e.g., noticing, feelings, understandings, wonderings) comes into my consciousness?

Compassion

Filled and enfolded by Love, how might I offer **compassion** to myself and to those I experienced during the day?

Empowerment

What life-giving next step does Love **empower** me to take now?

*If the daily examen is a new prayer practice for you,
you might prefer the following version.*

INVITING

Invite Love to guide your reflections on the day.

REMEMBERING

Guided by Love, **remember** one experience of the day.

FEELING

Guided by Love, notice how you **felt/feel** about this experience.

UNDERSTANDING

Guided by Love, welcome **new understanding** of this experience.

DESIRING

Guided by Love, express your **deepest desire** now.

THANKING

Thank Love for guiding your reflections on the day.