

# HOW TO USE YOUR EXAMEN PAGES

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## 1 WEEKLY EXAMEN

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### REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

- ◆ Draw near to God. Become present. Rest your mind and heart.
- ◆ Reflect on the previous week with a posture of humility and gratitude.
- ◆ Note what surfaces. When have you been near to or far from God's presence?
- ◆ Ask God to guide your reflections to be both faithful and gracious.
- ◆ Reset for the week to come. Move forward in a spirit of hope.

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REFLECT

RESET

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### 1 EXAMEN PAGES

The examen is a centuries-old practice in the church that invites us to prayerfully reflect on our days in the presence of God. Rather than a prayer to memorize and recite, it is a contemplative practice based on a series of five movements drawing you through presence, reflection, awareness, faithfulness, and ultimately hopeful action. We built a weekly examen page into the planner to give you an opportunity to regularly pause and evaluate your life in the context of seven key areas: spirit, body, mind, relationships, home, work, and resources. This same rhythm of reflecting and resetting is at the beginning and end of the planner itself, so as to mindfully consider your yearly goals and progress, and at the beginning of each liturgical season, so as to enter into those seasons with intention.

### 2 REFLECT & RESET

Use these two columns to examine the seven key areas of your life. In the first column, reflect on each area in the context of the previous period of time. How did you attend to that area of your life? What movement happened? What challenges did you face? In the second column, consider how you'd like to tend to that area in the coming period of time.

### 3 SPIRIT

How are you tending to your soul? How are you and God connecting? What words would you use to describe the way your spirit feels?

### 4 BODY

What habits are you keeping with your body? What new habits would you like to cultivate? How does your physical body feel these days? How is your energy level?

### 5 MIND

What are you learning? What would you like to learn? What has been occupying your thoughts? How is the quality of your focus and presence?

### 6 RELATIONSHIPS

What's going well in your relationships? How are you treating the people around you? What relationships need tending? How can you build into the lives of those who matter to you?

### 7 HOME

What do you love about your home life? How does it support and comfort you in your current season of life? What needs attention?

### 8 WORK

How is your work energizing you? How is it draining you? What words would describe your posture toward your work right now? Where do you see God moving in your workplace?

### 9 RESOURCES

How are you stewarding what has been given to you—your time, money, energy, possessions, education, or experience?