

## THE DAILY EXAMEN – FIVE KEY QUESTIONS

- ▶ Become aware of God's presence.

QUESTIONONE – Where did I see God in the last 24 hours?

- ▶ Review the day with gratitude.

QUESTIONTWO – What am I thankful for?

- ▶ Pay attention to your emotions.

QUESTIONTHREE – What am I feeling right now?

- ▶ Choose one feature of the day and pray from it.

QUESTIONFOUR – What should I pray for?

- ▶ Look toward tomorrow.

QUESTIONFIVE – What one thing should I do in the day ahead?  
What else do you want to say to me, Lord?