**Give Thanks**

Give Thanks for the blessings of the day, especially those moments when you know you were responding to God’s invitation.

**Face Your Shortcomings**

Face Your Shortcomings by noticing those moments in your day that trouble you. If you need to ask for forgiveness for any sin, go ahead – God is right there!

**Look Forward**

Look Forward to any resolutions you need to make for the future. Finish with a “Glory Be…” prayer.

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**The Awareness Examen of St Ignatius of Loyola**

**Being Conscious of God’s Presence in Your Daily Life**

St Ignatius (1491 – 1556) promoted prayerfully reflecting on the movement of God in your life.

Allow about 15min every day to listen to and look for where God was present in your daily activities.

These five steps aim to help you become more aware of God moving in and with you in your life, so treat them as a loose guide – stop at any point to talk with God and go a little deeper.

1. **Ask the Holy Spirit**

Ask the Holy Spirit to help you see the day through God’s eyes. Let Him show you what you need to see.

2. **Review the Day**

Review the Day by carefully looking back over what happened as a kind of highlights reel.

Pay attention to the moments that are standing out.

3. **Face Your Shortcomings**

4. **Look Forward**

5. **Give Thanks**

**“How can you draw close to God when you are far from your own self?”**

Grant Lord, that I may know myself so that I may know you.

St Augustine