

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 pray G.R.A.C.E. with your body: for example, while walking, stretching, or dancing. Please do what feels right for you.

Gratitude

How might I appreciate my experiences during the day as **gifts** and express **gratitude** for my life?

Receptivity

How might I **receive** the presence of Love?

Awareness

How might I let Love renew my **awareness** of my experiences during the day and throughout my life journey?

Compassion

Filled and enfolded by Love, how might I offer **compassion** to myself and to others?

Empowerment

How might Love **empower** me to live?