

# Monthly General Examen of Consciousness

December 2026

## Step 1: Presence & Gratitude

*Overarching themes of God's presence and significant blessings this month:*

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## Step 2: Pray for Light & Insight

*Key insights about myself, my relationship with God, or my path that emerged this month:*

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## Step 3: Review the Month

*Dominant patterns of consolation/desolation; significant spiritual movements, events, and responses:*

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## Step 4: Seek Reconciliation & Healing

*Ongoing areas requiring forgiveness, healing, and transformation as I move forward:*

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## Step 5: Resolve & Hope for Next Month

*Primary resolution or focus for living more consciously next month? Sources of hope & strength:*

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# Daily Particular Examen

## MORNING: Resolve & Grace

*Specific fault to avoid / virtue to cultivate today:*

*Grace I ask for (e.g., 'for patience,' 'to be more attentive,' 'strength against [my focus area]'):*

## MIDDAY: Examination & Tally (since waking)

*Instances of [focus area] this period:*

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*Brief reflection/observation:*

## EVENING: Examination & Tally (since midday)

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*Brief reflection/observation:*

## NIGHT: Overall Reflection & Gratitude

*Comparing midday and evening, what have I learned?*

*For what am I grateful regarding this effort today?*

*Resolve for tomorrow concerning this point (continue, adjust, new focus?):*

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# Weekly General Examen of Consciousness

Week Starting 07/12/2026

## Step 1: Presence & Gratitude

*Where did I feel most aware of God's presence (or deep peace/connection) this week? For what specific gifts, moments, or insights am I most grateful?*

## Step 2: Pray for Light & Insight

*I ask for the light to see this past week as God sees it, with honesty and compassion. What specific insights or understanding do I seek about my experiences?*

## Step 3: Review the Week

*Looking back over the week, what were the significant events, my thoughts, feelings, and actions?*

- Moments of Consolation (Joy, peace, love, faith, connection, energy):
- Moments of Desolation (Sadness, anxiety, fear, disconnection, dryness):
- My Dominant Feelings & Interior Movements:
- Key Decisions & My Responses:

## Step 4: Seek Reconciliation & Healing

*Where did I miss the mark, act unlovingly, or fail to respond to God's invitations? What do I need to ask forgiveness for (from God, others, myself)? Where do I need healing?*

## Step 5: Resolve & Look Forward with Hope

*How is God inviting me to respond to what I've reviewed? With hope and reliance on grace, what is one concrete way I can cooperate more fully with God's love and plan in the week ahead?*



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# Weekly General Examen of Consciousness

Week Starting 14/12/2026

## Step 1: Presence & Gratitude

*Where did I feel most aware of God's presence (or deep peace/connection) this week? For what specific gifts, moments, or insights am I most grateful?*

## Step 2: Pray for Light & Insight

*I ask for the light to see this past week as God sees it, with honesty and compassion. What specific insights or understanding do I seek about my experiences?*

## Step 3: Review the Week

*Looking back over the week, what were the significant events, my thoughts, feelings, and actions?*

- Moments of Consolation (Joy, peace, love, faith, connection, energy):
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- My Dominant Feelings & Interior Movements:
- Key Decisions & My Responses:

## Step 4: Seek Reconciliation & Healing

*Where did I miss the mark, act unlovingly, or fail to respond to God's invitations? What do I need to ask forgiveness for (from God, others, myself)? Where do I need healing?*

## Step 5: Resolve & Look Forward with Hope

*How is God inviting me to respond to what I've reviewed? With hope and reliance on grace, what is one concrete way I can cooperate more fully with God's love and plan in the week ahead?*



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*Resolve for tomorrow concerning this point (continue, adjust, new focus?):*

# Weekly General Examen of Consciousness

Week Starting 21/12/2026

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## Step 2: Pray for Light & Insight

*I ask for the light to see this past week as God sees it, with honesty and compassion. What specific insights or understanding do I seek about my experiences?*

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## NIGHT: Overall Reflection & Gratitude

*Comparing midday and evening, what have I learned?*

*For what am I grateful regarding this effort today?*

*Resolve for tomorrow concerning this point (continue, adjust, new focus?):*

# Weekly General Examen of Consciousness

Week Starting 28/12/2026

## Step 1: Presence & Gratitude

*Where did I feel most aware of God's presence (or deep peace/connection) this week? For what specific gifts, moments, or insights am I most grateful?*

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## Step 2: Pray for Light & Insight

*I ask for the light to see this past week as God sees it, with honesty and compassion. What specific insights or understanding do I seek about my experiences?*

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## Step 3: Review the Week

*Looking back over the week, what were the significant events, my thoughts, feelings, and actions?*

- Moments of Consolation (Joy, peace, love, faith, connection, energy):
- Moments of Desolation (Sadness, anxiety, fear, disconnection, dryness):
- My Dominant Feelings & Interior Movements:
- Key Decisions & My Responses:

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## Step 4: Seek Reconciliation & Healing

*Where did I miss the mark, act unlovingly, or fail to respond to God's invitations? What do I need to ask forgiveness for (from God, others, myself)? Where do I need healing?*

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## Step 5: Resolve & Look Forward with Hope

*How is God inviting me to respond to what I've reviewed? With hope and reliance on grace, what is one concrete way I can cooperate more fully with God's love and plan in the week ahead?*

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# Daily Particular Examen

## MORNING: Resolve & Grace

*Specific fault to avoid / virtue to cultivate today:*

*Grace I ask for (e.g., 'for patience,' 'to be more attentive,' 'strength against [my focus area]'):*

## MIDDAY: Examination & Tally (since waking)

*Instances of [focus area] this period:*

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*Brief reflection/observation:*

## EVENING: Examination & Tally (since midday)

*Instances of [focus area] this period:*

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