

Monthly General Examen of Consciousness

March 2026

Step 1: Presence & Gratitude

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

Step 2: Pray for Light & Insight

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

Step 3: Review the Month

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

Step 4: Seek Reconciliation & Healing

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

Step 5: Resolve & Hope for Next Month

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

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

Weekly General Examen of Consciousness

Week Starting 02/03/2026

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?

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

Weekly General Examen of Consciousness

Week Starting 09/03/2026

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?

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

Weekly General Examen of Consciousness

Week Starting 16/03/2026

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?

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

Weekly General Examen of Consciousness

Week Starting 23/03/2026

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?

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

Weekly General Examen of Consciousness

Week Starting 30/03/2026

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?

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):

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:

☐☐☐☐☐☐☐☐☐☐☐☐

Brief reflection/observation:

EVENING: Examination & Tally (since midday)

Instances of [focus area] this period:

☐☐☐☐☐☐☐☐☐☐☐☐

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?):