

Mind Map Daily Examen

Gather a few writing supplies including a pen or pencil and three different color markers, crayons, or colored pencils. Center yourself in a comfortable position with this journal in front of you.

1. Begin by bringing to mind things you are grateful for and thanking God for them.
2. Next, ask God for the wisdom to recognize your sins or failures and for grace to reject them.
3. Having centered yourself through gratitude and an acknowledgement of your need for God's grace in avoiding sin, you will now turn to reflecting on the previous day.
 - Using a pen or pencil, write different places that you spent parts of your day spread out throughout the page. Be as thorough as possible, and include places like public transportation or your car for your commute if applicable. Consider adding symbols or icons for different locations.
 - Consider your thoughts throughout the day. Using one of your three colors, write around each place with brief summaries of what you were thinking and feeling while you were at each place. What do your thoughts and feelings tell you about your values?
 - Now consider your words. Using another of your three colors, write down how you talked to others and yourself in each location. Did you speak kindly to God, yourself, and others? What do your words reveal about how you see God and others?
 - Finally, consider your actions. Using the final of your three colors, record what you did in each place. What do your actions say about your priorities and values?
 - Looking over your completed mind map examen, what does it tell you about where you spend your time? How does that make you feel? Do certain places correlate with better thoughts, words, and actions?
4. Ask God for forgiveness for your sins and shortcomings.
5. Conclude by asking God for the grace to do better. Pray an Our Father if you are comfortable.