

Calendar 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 acknowledging your need for God's grace in avoiding sin, you will now turn to reflecting on the previous day.
 - Using a pen or pencil, begin by filling in the calendar with blocks of time that reflect your activities throughout the day
 - Consider your thoughts throughout the day. Using one of your three colors, fill in the time blocks with brief summaries of what you were thinking and feeling throughout each period of time. What do your 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 throughout each time block. 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 during each block of time. What do your actions say about your priorities and values?
 - Looking over your completed calendar examen, what does it tell you about how you use your time? How does that make you feel? Are you content with how you spent your day or would you like to make changes to your schedule?
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.

Calendar Daily Examen

	AM	PM
1:00		
2:00		
3:00		
4:00		
5:00		
6:00		
7:00		
8:00		
9:00		
10:00		
11:00		
12:00		