**Prayer of Examen Notes -** Review a set period of time (day, week, ...) with an asking for the Holy Spirit’s guidance and discernment concerning questions like the following:

* Where am I most grateful today – what gave me life – what drew me to God?
* Where was I least grateful today – what is draining me – where was I tempted or pulled away from following Him?
* What is God inviting me to notice today (how was God moving)?
* What is my prayer today (praise, prayer need, confession, change in direction)?

Benefits:

* Helps to reorient my interpretation of life – adjusts my perspective which can often get skewed.
* Reminds me of how I most powerfully connect with God in the daily walks of life together with Him.
* Helpful for discovering my harmful, distracting and destructive patterns and then reinforces resolve to do something about them.