



A Daily Examen for the Family

This is an ancient tradition taken from Ignatius Loyola, a 16th Century Spanish Saint.

It offers a way at the end of the “working day” with your children/young people/those at home of reflecting on what has passed, learning from it and looking forward to the next day.

At the end of your day, find a comfortable place, and remind yourself that ‘all will be well’.

Now look back over your day.

Were you at home? Did you go out? Where did you go?

What made you happy today?

Did somebody say or do something that made you feel good? (someone in your family, a teacher, maybe someone online or someone else?)

Did you say or do anything that made you feel good?

Was there something that you really enjoyed?

Whatever made you feel happy today, give thanks for those things now.

Did anything make you sad today?

Maybe something that happened or that someone said or did?

Did you do something that made you feel unhappy?

Maybe there is something you want to say sorry for?

Whatever made you feel sad or unhappy today, remember that you are precious and that nothing ever changes that.

Now think about your day tomorrow.

Is there anything you would like to ask about the day?

Is there anything you are worried about, or anything that you need?

Talk about it now and ask for peace and happiness to be with you through your day.

Finish with: All will be well. May love abide.

Suggestion: You could keep these responses in a daily journal and note your responses and look for any patterns.