



# The Examen

Use the top section of each box to look back on the past week and the bottom section to look forward to the week to come.

## SPIRITUAL HEALTH

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- What has recently stirred your spirit?
- Where have you felt the presence of God?
- Are there any practices you feel could help you this week?

## RELATIONAL LIFE

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- Who brought you joy this past week?
- Who did you find challenging?
- How do you think others experienced you this past week?

## PHYSICAL HEALTH

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- How does your body feel at the moment?
- Have you eaten, slept and exercised enough?
- Are there any practices you feel could help you this week?

## WORK LIFE

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- With what attitude have you been approaching your work?
- Did you find it a pleasure or a chore?
- Where is there life and joy in your work?

## MENTAL HEALTH

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- What has been a source of joy this past week?
- What has caused you anxiety this past week?
- What can you do as an act of self care this coming week?

## HOME LIFE

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- Has your home been a place of rest and refuge for you?
- If you had to describe the atmosphere of your home this past week, using only one word, what would it be?