



## *Examen...*

You should always take care to maintain  
your soul in peace, in quiet, and in  
readiness for whatever our Lord might  
wish to do within it.

*Letter of Ignatius Loyola, Epistle 466*

### **I give thanks**

I give thanks for the graces, benefits and good things of my day.

### **I ask for help**

I ask the Holy Spirit for help to discern my day with openness.

### **I review**

I review my day, hour by hour, to see how God is working in my life.

### **I respond**

I respond to what I felt or learned in my review just made.

### **I resolve**

I resolve with hope and the grace of God to be "MAGiS" tomorrow.

### **Our Father**

