

## **Annual Examen**

### **A Reflective Review of the Past Year**

**As I review the past 12 months what am I especially grateful for this year?**

An event that took place

Courage that I mustered

Love and support I received

**I ask for the light to know God and to know myself as God sees me.**

Where have I felt true joy this year?

What troubled me this year?

What challenged me?

Where and when did I find an opportunity for renewal?

**Have I noticed God's presence in any of this?**

**In light of this review, what is my response to God?**

As I look ahead, to the coming months what comes to mind?

With what spirit do I want to enter the next few months, the next year?

**I ask for God's presence and grace, for this spirit, as I enter the next year**

Source: <http://www.ignatianspirituality.com/15119/annual-examen>