



the
Spiritual
Path DAILY EXAMEN
JOURNAL

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Attached your Monthly Scenic Overlook here to refer to each day.

This daily Examen journal is offered as a companion to *The Spiritual Path*, incorporating the Cycle of Growth and inviting you into a daily colloquy with your Walking Partner. The landscape orientation is intentional, making it easier to find and symbolizing the extra-ordinary character of the time you spend in this space. The pages are meant to face each other so they can be opened up to view the whole day through your Examen time.

The “prayer date” is the day you pray through questions in the numbered order. The “plan date” is the day you plan in question six, planning steps for any of your Spiritual Path goals first or noting the God Time Management (GTM) quadrant into which an activity falls. The box for QII and QIII activities is to note the tasks you need to get done that day that may be “Required,” but don’t fall under your Spiritual Path goals. It is helpful to know God is in those too and you will get them done around your rocks and to note how those may be taking up more of your day than you would like.

Some people choose to do their Examen at the end of the day, while others do it at the beginning of the day. Either is fine. The key is to reflect with your Walking Partner on how you responded to the invitations of the day and what you are being invited to in the coming day.

Incorporate other prayer practices that work well for you such as Centering prayer, the daily readings, drawing, or walking meditation. This is your time to journey with your Walking Partner to see, judge, act and reflect on every day gifted to you.

Spiritual Path Daily Examen Plan date _____Prayer date _____

Compose the space: Turn off electronics. Awaken the senses (candles, light music or silence, taste, scents, pillows, posture, vistas).

1. **Presence:** Greet my Walking Partner as if meeting a friend for coffee. Recognize the Spirit they bring. Wallow in it. Hear, “I am...so glad you came.” Respond by acknowledging any gratitude you feel.

2. **Freedom:** Breathe. What do I need to be free of today? Worries, regrets, fears, preoccupations or stresses? In this space I am safe and loved. Reiterate my Sacred Mantra. Centering Prayer time (optional).

3. **Learning/Listening/Daily Reading:** Lectio Divina, imaginative prayer, reading aloud, listening to an audio version, etc., or any daily prayer resource.

4. **Conscious Review** (under the “See” column): What stood out as consoling or desolating on the previous day? See what happened without judgment. Add in any unexpected tasks or events to the Act! column. Note the reality that happened in place of the planned activity, and my feelings and awareness as a result.

	Act!			
Time	Plan	Goal Number/GTM	Reality	Feelings/Awareness

God Time Management	Required (Urgent)	Invited (Not Required)
Engaged (Purposeful, Focused, Intentional)	II Required and Engaged	I. Invited and Engaged (God time)I
Disengaged (Distractions)	III. Required and Disengaged	IV. Invited and Disengaged

	Act!		See (No Judgement here)	
Time	Plan	Goal Number/GTM	Reality	Feelings/Awareness

QII and QIII Tasks:

5. **Colloquy:** (Judge/Discern) Talk/Write with my Walking Partner. Listen! Breathe. Trust. Lessons Learned. Movement toward God? Movement away? What caught my attention? What distracted me? Journal. Intercessory prayer.

6. **Plan** (under the Act! column): Together, look toward the coming day. Review Monthly Spiritual Path plan. What are *we* going to do? What relationships do we need to prioritize in the coming day? Fill in tasks or events to the Act! column for the coming day, setting time for those related to our goals and relationships first, including the relationship as our own caretaker. Note what GTM quadrant each activity would fit into and which Spiritual Path goal the activity supports.

7. **Reflect:** How has this short prayer time been for us? What grace do I seek for tomorrow? What gratitude do I feel?