



HOME



PLUG-IN-AND-PLAY



Find a place to be still and silent: Ready yourself for reflection.

You might like to ask God to help you think about your day so far.



Pause and be still: Think about the present.

Take some slow breaths.

What do you notice around you? What can you hear? What can you feel?



Rewind: Review your day so far.



What has made you happy so far today?

Did you, or someone else, say or do anything that made you feel good?

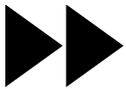
Spend a bit of time being thankful for these things; if you'd like to, thank God for these good things now.



Did anything make you sad so far today?

Perhaps something you, or someone else, did?

Whatever made you unhappy today, remember that you are precious to God and nothing ever changes that. Is there anything you would you like to leave with God and say sorry for?



Fast forward: Imagine the future.

Think about the rest of the day. Is there anything you need (e.g. courage, wisdom, patience) to live well?

Is there anything you would like God to help you with?

If you'd like to, talk to God about it now and ask God to be with you through your day.



Play: Resolve to live well for the rest of the day.

What has been the main thing you have taken away from your reflection?

How has it helped you as you continue your day?



HOME ACTIVITIES



Record: Your Reflection Journal



If you'd like to, write or draw in a reflective book something which really stood out for you from your examen.

Perhaps it is a word, some advice to remember, or even an image? Some of the sentence starters below may help you to get started:



- Doing this examen today made me feel/think about...
- The main thing I have taken from my reflection is...
- It helped me to remember that...
- One thing I will try and think about tomorrow is...

Labyrinths

Labyrinths have been used for hundreds of years for reflection. The idea is to walk slowly to the middle and back, thinking along the way about how to live well.

If you'd like to, create your own labyrinth at home. This could be created inside or even outdoors using natural materials you can find. As you walk through the labyrinth slowly, stop at different points to think about the 'plug-in-and-play' examen questions.

This would also work well by tracing the labyrinth on this page slowly with your finger. You might even like to draw your own!

