

SECTION 1: GENERAL EXAMINATION OF MY LIFE

What are the most important events that have happened *to* or *in* me this past year?

What are the greatest breakthroughs in any category of my life this past year (physically, emotionally, relationally, vocationally, spiritually, and with other people)?

What has been the greatest struggle in my life this past year?

What has been my greatest and deepest loss this past year?

What area has most consumed my thinking, attention, and focus this past year (health, relationship, future, etc.)?

Where have I felt most vulnerable in my life during this past year?

Where have I most experienced the presence of God this past year, and why?

In the past twelve months, where have I experienced the greatest sense of consolation (peace, happiness, contentment, *shalom*, serenity, beauty, etc.)?

In the past twelve months, what area of my life has given me the most desolation (preoccupation, distress, sadness, depression, anxiety, fear, brutality, etc.)?

What *one* word would tend to sum up this past year?

SECTION 2: FIVE CATEGORIES OF MY LIFE

My Physical Health

What five words best describe my physical condition and well-being over the past year?

How many hours of sleep can I honestly say I get each night?

What choices have I given attention to regarding my health over the past twelve months?

What specific physical health goals do I want to achieve in the coming twelve months (better blood pressure, weight management, exercise, etc.)?

My Emotional Health

What five feelings (positive or negative) dominated my life over the past year?

What was a specific moment when I experienced the greatest feelings of *happiness* in the past year? What was I doing, with whom, and where was I?

What was a specific moment when I experienced the greatest feelings of *sadness* in the past year? What was I doing, with whom, and where was I?

What area of my life gives me the greatest sense of internal stress?

How do I feel about my emotional well-being over the past year?

My Vocational Health

What five words best describe my job/vocation/career?

This past year, have I lived to work or worked to live?

How do I feel about my vocational journey?

- I want to make a change this year.
- I want to continue where I am and just as I am.
- I want to use this year to study and prepare for a vocational change.
- I want to reassess and evaluate my vocational journey within the next year.
- I want to re-position myself regarding my work this year.

Over the past year, I worked _____ hours a week. This year, I would like to work _____ hours a week. To do this, I will need to: _____.

Is my job currently giving me a sense of contentment and satisfaction? Why or why not?

My Relational Health

Who are the people who have been most life-giving to me this past year?

What letter grade would I give myself regarding my overall sense of having a community (sharing life with a few other people)? A—Excellent, B—Very good, C—Average, or D—Really lacking

Is my lifestyle, work schedule, and present realities conducive to having the relationships I feel I both want and need? Why or why not?

My Spiritual Health

What five words best describe my spiritual health (distant or intimate, excellent or very poor, no time for God, etc.)?

How would I describe my prayer life over the past year?

How do I feel about how I have worshipped this past year?

How am I feeling about my church experience?

What do I feel I am lacking regarding my current relationship with God?

How has my image of God changed or matured over the past year?

What five words best characterize my image of God?

How has my relationship with God been challenged over the past year?

What are the three most important spiritual takeaways from the past year that I never want to forget?

What was my deepest spiritual struggle this past year—the place of the greatest wrestling with God or the place of my deepest lament?

Who are the people to whom I feel most spiritually connected?

PRAYER OF GRATITUDE: APPRECIATION 1-1-1

Hopefully, this practice of *examen* has helped you realize the beauty of slowing down your pace and noticing God in expected and unexpected people, places, and experiences. Ending this time of reflection with gratitude is intentional. Gratitude is powerful, and it opens us up to relationships. The next time you feel distant from God, tense with a friend, or simply want to connect intentionally, try the Appreciation 1-1-1 practice:

- List one thing for which you're grateful from the past 24 hours
- List one thing for which you're grateful about a specific person
- List one thing for which you're grateful about God

Use this as your prayer to end the examen practice, either by sharing those three appreciations with a friend or writing them down in your journal.

When you take time to look back at what God has done, you can find meaning and encouragement from last year and see how he wants to walk with you into the next one. It's worth the time to look back and see how you got here and where you want to go next. So, here's to a new year of intention and purpose!