***At the End of the Day: A Mirror of Questions***

What dreams did I create last night?

Where did my eyes linger today?

Where was I blind?

Where was I hurt without anyone noticing?

What did I learn today?

What did I read?

What new thoughts visited me?

What differences did I notice in those closest to me?

Whom did I neglect?

Where did I neglect myself?

What did I begin today that might endure?

How were my conversations?

What did I do today for the poor and excluded?

Did I remember the dead today?

Where could I have exposed myself to something different?

Where did I allow myself to receive love?

With whom today did I feel most myself?

What reached me today? How did it imprint?

Who saw me today?

What visitations had I from the past and from the future?

What did I avoid today?

From the evidence: why was I given this day?

John O’Donohue, *To Bless the Space Between Us*

***To Practice This:***

*Read these questions over slowly. Notice if any one question draws you and stay with that.*

*As a continuing practice, you might want to choose one question and use it at the end of the day to review the day. Perhaps you might also sit with it for a week or more and then move on to another question that speaks to your soul.*

*This can offer a fresh way to practice the Ignatian Examen.*