

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.