



An Examination of Consciousness

Gratitude I give thanks to God for...

Insight I ask the Holy Spirit for insight into myself and my world...

Reflecting I review events, my behaviour, and notice my feelings...

Noticing I notice what needs healing, and I ask God for forgiveness...

Looking Forward I name the action I feel called to now, and I ask for God's help



An End of Meeting Examen

What am I am grateful for at the end of this meeting?

During this meeting, what did I notice, what insights did I gain?

When did I feel a good energy, or a bad energy?

Is there something that I need to pay more attention to?

What do I feel called to do now?

Feedback for the Organizers

The points of light or blessings of this workshop were ...

The shadows or difficulties of this workshop were ...

Next time we could improve by

I would like to share the following insights... *(more space overleaf!)*