

# EXAMEN

A REVIEW OF THE YEAR



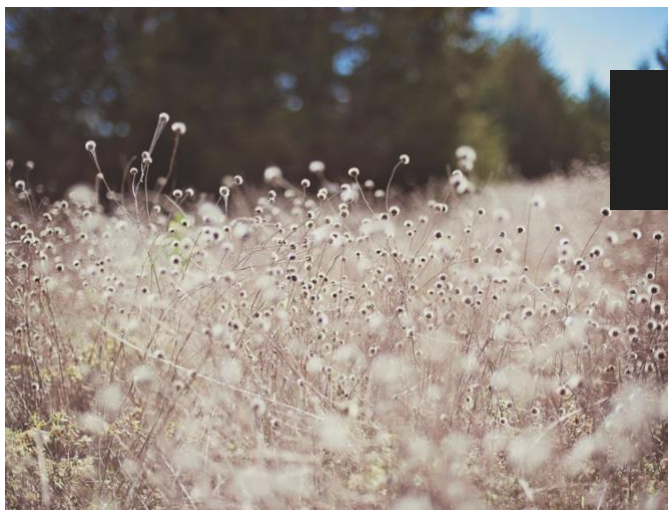
## ILLUMINATION

Become aware of God's presence as you quiet your hurried heart. Ask God to bring clarity, illumination, and understanding during this time of prayerful reflection.

## GIVE THANKS

Review the year with gratitude.  
List 5 gifts from the Lord in 2022.

Also, review your emotions. Notice and record experiences that evoked joy, fear, sorrow, elation, etc.



## REFLECT

Reflect on one major event over the past year. How has it shaped you? Pray through and process how God may be teaching you something about yourself and something about Himself through this experience.



## LOOK AHEAD

Pay attention to the feelings, emotions, and desires that surface as you look ahead to the coming year. Record these and pray through them, becoming aware of God's promised presence with you.

## PEACE BE WITH YOU

May the favor of our Lord and the peace that is ours in Christ Jesus be yours in abundance this new year!



It is our great joy to journey with you as you care for your soul and deepen your life in Christ. Visit us at [leadershiptransformations.org/events](http://leadershiptransformations.org/events) to discover new events, workshops, and soul care offerings for your formation, discernment, and renewal. We look forward to tasting the Lord's goodness with you in this coming year!



[www.leadershiptransformations.org](http://www.leadershiptransformations.org)