

# BASE CAMP DAILY EXAMEN

Jesus is the perfect guide. He cares about you and wants you to reach the summit. He wants to teach you the habits and skills you need to grow into the person He created you to be. He's at your side at every moment, encouraging you and strengthening you for your climb to the heights. Let Him train you by taking time to examine your day with Him.

## **Return to the Fundamentals (2 min)**

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love.

*In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

*Jesus, I believe that You are the perfect guide, that You are good, faithful, and merciful, that You love me, You like me, and You have good plans for my life. Please give me the grace to receive Your gifts and see this past day through Your eyes.*

## **Celebrate Your Progress (5 min)**

*Jesus, help me remember and thank You for the gifts of this day, places where I saw You working, things that went well, daily practices I kept... Thank You for these blessings and for all the ways you helped me today.*

## **Review Your Missteps (5 min)**

*Jesus, help me see where I may have missed You working, where I fell, where I was weak, missed a good habit or practice, or missed an opportunity to love You or others well...*

*Please forgive me and help me do better tomorrow.*

## **Plot Your Course (1 min)**

*What is one specific action I can take tomorrow to strengthen one area where I was weak today... Jesus, help me do this.*

## **Entrust Yourself to Your Guide (2 min)**

*Thank You, Jesus, for the many blessings of this day. Please forgive me for those ways I missed the opportunity to live a better life with You. As the Saints who have gone before me, please help me follow the course we have created and come back to you tomorrow so I can keep growing in holiness. Our Father... Amen.*



# BASE CAMP PRACTICES

Base Camp Practices	Daily	At Least Weekly	At Least Monthly
<b>Time for God</b>	<input type="checkbox"/> 20 minutes of prayer with Scripture <input type="checkbox"/> Examen <input type="checkbox"/> Journaling <input type="checkbox"/> _____	<input type="checkbox"/> Sunday Mass <input type="checkbox"/> Go to Mass one more day than usual <input type="checkbox"/> _____	<input type="checkbox"/> Receive Sacrament of Reconciliation <input type="checkbox"/> _____
<b>Time for Connection</b>	<input type="checkbox"/> Spontaneous or planned relational "eyeball time" <input type="checkbox"/> _____	<input type="checkbox"/> Accountability Group <input type="checkbox"/> Formation Session <input type="checkbox"/> _____	<input type="checkbox"/> In-person gathering (optional) <input type="checkbox"/> _____
<b>Time for Excellence</b>	<input type="checkbox"/> Kept phone out of bedroom <input type="checkbox"/> Abstained from social media <input type="checkbox"/> Up with alarm, dropped to knees, prayer <input type="checkbox"/> Made bed <input type="checkbox"/> At least one home cooked meal <input type="checkbox"/> Washed every dish - no dish left behind <input type="checkbox"/> _____	<input type="checkbox"/> Time reading a good book <input type="checkbox"/> Get exercise (at least 3x/week) <input type="checkbox"/> _____	<input type="checkbox"/> _____

## JOURNAL PROMPTS

I'm grateful for \_\_\_\_

God is teaching me \_\_\_\_

I felt like I was at my best when \_\_\_\_

I felt unrest when \_\_\_\_

An insight I received today was \_\_\_\_

One area I want to improve is \_\_\_\_ and one way I can improve is \_\_\_\_

\_\_\_\_ daily practice has been helping me to \_\_\_\_

I'm looking forward to \_\_\_\_

I'm struggling with \_\_\_\_ daily practice because \_\_\_\_, and what would help me is \_\_\_\_

My relationships with the most important people in my life are going \_\_\_\_

I'm learning that my gifts are \_\_\_\_

I can give of myself to bless others by \_\_\_\_

I think God may be calling me to accompany \_\_\_\_, and what this person needs is \_\_\_\_