

BEING: Taking Your Spiritual Pulse

Check the category that best characterizes your feeling about each statement, add up your score using the formula below, and see the bottom of this page for your assessment—the lower the score, the better!

Activity	Agree	Neither	Disagree
I find myself adding more to my to-do list, even though I already feel overwhelmed.			
I often wish I had an extra day in my week.			
When spending time with others, I find my mind wandering as I think about everything else I have to do.			
I have been rewarded for working to the point of exhaustion.			
I have tried to pray, only to find my mind swimming with tomorrow's worries.			
I find that my weekends are just as jam-packed as my workdays.			
Taking time to relax every day is seldom a priority.			
I often feel stressed-out and overtired.			
I feel that if I could just get myself organized, I might be able to get everything done.			
Subtotals	__ x2=	__ x1=	__ x0=
TOTAL	Add three subtotals together:		

13–18: Push Pause Now!

You are constantly overtired and overcommitted. You rarely take time to pause and recharge—which makes you feel even more overwhelmed. You need to learn to pause on a regular basis—not only will this help you to work more effectively, it will also ensure that you are not losing sight of what is truly important to you.

7–12: Part-Time Pauser

Although you pause on a regular basis, you sometimes still find yourself stressed-out and overcommitted. With a little practice, you will be well on your way to maintaining balance in your life.

0–6: Powerful Pauser

You know how to balance your priorities and take the time to relax. This ultimately helps you avoid burn-out and work more effectively.

(Quiz is derived from *The Power of Pause: Becoming More by Doing Less*, by Terry Hershey. Learn more at www.loyolapress.com/powerofpause.)

BEING: Praying as a Grown-Up

That Was Then . . .

1. Who taught you to pray?

2. What are your earliest memories of prayer?

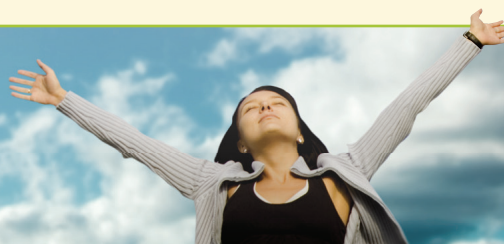
3. How did you pray as a child?

This Is Now . . .

1. What of your childhood prayer practice have you maintained (if anything)?

2. How do you pray differently today than you did as a child?

3. How would you LIKE to pray?



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The Daily Examen

The Daily Examen is a great way to look for God's presence in your life. More than 400 years ago, St. Ignatius of Loyola encouraged prayer-filled mindfulness by proposing what has come to be known as the Daily Examen. The *examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1. Ask God for light.** I want to look at my day with God's eyes, not merely my own.
- 2. Give thanks.** The day I have just lived is a gift from God. Be grateful for it.
- 3. Review the day.** I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4. Face your shortcomings.** I face up to what is wrong—in my life and in me.
- 5. Look toward the day to come.** I ask where I need God in the day to come.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude.

St. Ignatius

