



## 15 QUESTIONS OF EXAMEN TO LOOK BACK AT 2025 AND AHEAD TO 2026

For centuries, Christians have practiced the Examen, a prayerful discipline of reviewing their days, weeks, and years to notice where God was at work. St. Ignatius of Loyola developed this practice as a way to pay attention to the movements of God in ordinary life, helping people discern patterns, recognize grace, and grow in self-awareness. The Examen isn't about judgment or performance; it's just about noticing. This tool adapts that ancient practice for the transition from one year to the next. The questions below are designed to help you reflect on 2025 with honesty and gratitude, and to look ahead to 2026 with clarity and intention. Find a quiet space, block out an hour, bring a cup of coffee and maybe your calendar, but let this be more than planning, let it be prayer. As you work through these questions, invite God into the process. Ask him to show you what you need to see, remember what you need to remember, and release what you need to let go.

### LOOK BACK

1. IF 2025 WERE A BOOK OF MY LIFE, WHAT WOULD ITS TITLE AND MOST PIVOTAL CHAPTER TITLE BE? WHY?

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2. WHAT MOMENTS FROM THIS YEAR FELT LIKE THE MOST VIVID, LIFE-DEFINING SNAPSHOTS OF WHO I AM BECOMING?

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3. WHAT DID I SAY "YES" TO THIS YEAR THAT STRETCHED ME THE MOST, AND WHAT DID I SAY "NO" TO THAT GAVE ME PEACE?

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4. WHICH HABITS OR ROUTINES SHAPED MY DAILY LIFE THE MOST IN 2025, AND WERE THEY LIFE-GIVING OR LIFE-DRAINING?

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5. WHEN I THINK ABOUT THE PEOPLE WHO IMPACTED MY YEAR THE MOST, WHO STANDS OUT AND WHY?

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6. WHAT CHALLENGES OR FAILURES DID I FACE IN 2025, AND HOW DID THEY REFINE MY CHARACTER OR DEEPEN MY DEPENDENCE ON GOD?

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7. IF I COULD RELIVE ONE DAY FROM THIS YEAR, WHAT DAY WOULD IT BE AND WHAT MADE IT SO MEMORABLE?

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8. WHAT RISKS DID I TAKE THIS YEAR, AND HOW DID THEY CHANGE MY PERSPECTIVE, WHETHER THEY SUCCEEDED OR NOT?

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9. HOW HAVE I BALANCED THE DEMANDS OF WORK, FAMILY, AND OTHER OBLIGATIONS? WHERE HAVE I BEEN MOST FAITHFUL, AND WHERE DO I NEED TO REALIGN MY PRIORITIES?

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10. WHAT SCRIPTURE, TRUTH, OR SPIRITUAL DISCIPLINE ANCHORED ME IN SEASONS OF DIFFICULTY OR DOUBT, AND HOW CAN I CONTINUE TO DRAW STRENGTH FROM IT?

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## LOOK AHEAD

11. AS I LOOK AHEAD, WHAT'S ONE WORD OR PHRASE THAT CAPTURES MY VISION FOR 2026, AND WHAT DOES IT MEAN TO YOU?

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12. IF 2026 WERE A BLANK CANVAS, WHAT COLORS AND TEXTURES WOULD I WANT TO PAINT IT WITH, AND WHAT WOULD BE THE CENTERPIECE OF THE PAINTING?

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13. WHAT AREAS OF MY LIFE DO I HOPE TO GROW IN NEXT YEAR, AND WHAT FIRST STEPS WILL I TAKE TO NURTURE THAT GROWTH?

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14. WHAT RELATIONSHIPS DO I WANT TO PRIORITIZE IN 2026, AND HOW WILL I BE INTENTIONAL ABOUT DEEPENING THOSE CONNECTIONS?

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15. WHAT IS ONE RISK, DREAM, OR CHALLENGE I'VE BEEN HOLDING BACK ON THAT I'M READY TO EMBRACE IN 2026? WHAT WILL SUCCESS LOOK LIKE?

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