

■ Examen for Leaders ■

Quick Reference Card

A simple 5-step Ignatian reflection to help leaders stay rooted in God while serving others.

1■■■ Gratitude

What am I most grateful for today in my leadership? Where did I see God at work?

2■■■ Light

Ask the Spirit to reveal: Where did I lead with clarity and generosity? Where did I resist grace?

3■■■ Review

Look back over the day: Which decisions, encounters, or conversations drew me closer to God (consolation)? Which drew me away (desolation)?

4■■■ Forgiveness

Acknowledge mistakes, ego, or neglect. Ask for God's mercy and healing.

5■■■ Hope

Look to tomorrow: What grace do I need to be a servant-leader who inspires, listens, and builds up others?

■ Closing Prayer

'Lord, guide my heart as I lead. Teach me to serve generously, discern wisely, and love deeply.'