

# Supplemental Resources



Examens can be elaborate or simple. This examen can be a short exercise to pray about where you are now, in this moment of transition. Or, you can use it to walk slowly with the transitions you're experiencing with a spiritual director or trusted friend, pastor, or counselor.

## **Step 1: Become aware of God in your life.**

When did you feel closest to God in your life in the past?

You may want to break up your life into stages, such as childhood, adolescence, young adulthood, late young adulthood, and now. You also can use significant personal milestones, such as births, deaths, and marriages. The intention here is to identify where God has been working in your life and where you felt the most close to God.

## **Step 2: Review with gratitude.**

What are you thankful for now? What burdens or challenges seem to have been gifts in disguise? What challenges made you who you are today that you would not take back, even if you could? What gifts have you been given in life? Who has been like the incarnational God to you in life - those reflecting God's love to you?

## **Step 3: Pay attention to your emotions.**

If you feel particularly strong emotions while reviewing your life, note that. It may be worth exploring with a trusted pastor, counselor, or spiritual director. Sit with the feelings. Invite them to sit with you, but let them leave when it feels like it's the time to release them. What gifts seem to have had a "shadow side," like a double-edged sword? Where do you feel you need to surrender past pain and regrets back to God for care?

## **Step 4: Pray**

As you work through this examen, identify areas on which you'd like to pray: relationships that need mending, problems or challenges you want help sorting through. This may require a length of time to sit with the different facets of your life. There's no rushing this!

## **Step 5: Look forward.**

As you think of your life on the Möbius, what is one aspect of your life you are looking to with joy? Something that frightens you or you'd like to take Sophia's hand and walk through it with her? Writing these and burning the paper can be a great way to release these joys and cares to God.

## Additional Resources

### The Daily Examen

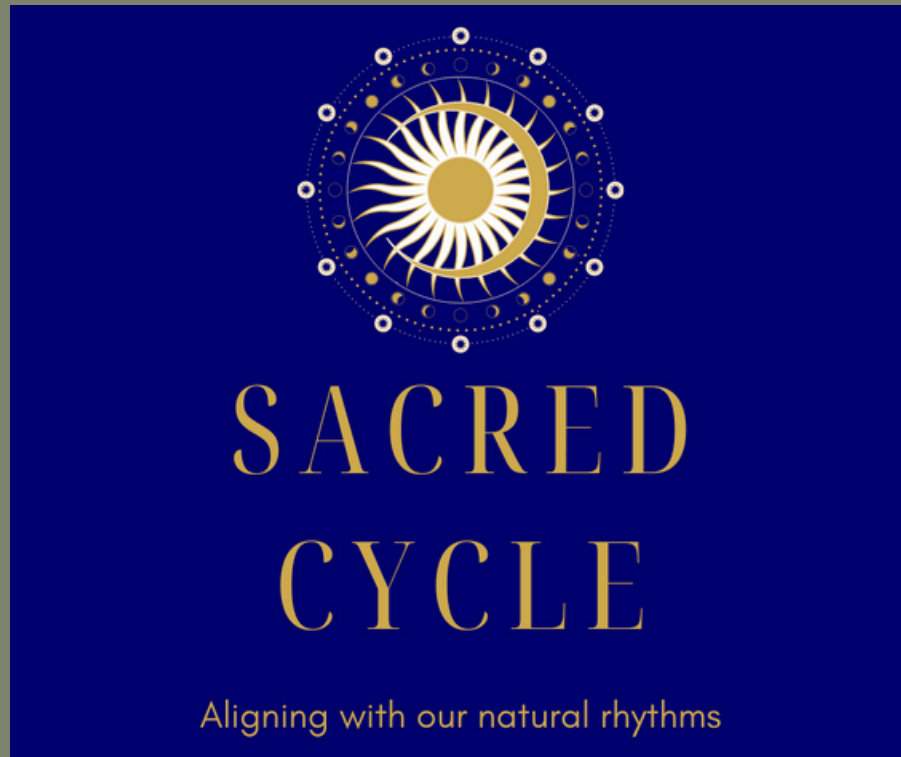


Marvelous Midlife Podcast with Rachel Lankester and Kate Codrington  
(not safe for work!):



I always love chatting to this returning guest!! Kate Codrington is the author of The New York Times recommended book, *Second Spring: The Self-Care Guide To Menopause*, and her second book is *The Perimenopause Journal: Unlock Your Power, Own Your Wellbeing, Find Your Path*. This is a beautiful journal full of love and wisdom to help women process the momentous changes that perimenopause brings. This is a super fun conversation with lots of wisdom and inspiration to help you thrive through the perimenopause transition.

Check out these additional Hive courses



Using the Wayfinder Target

