



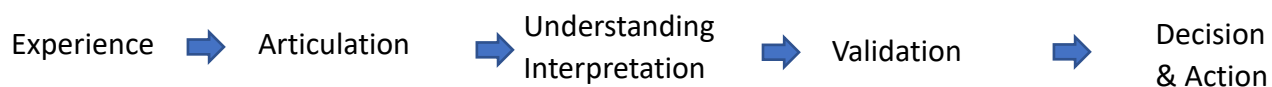
A tool to review my experience

At the end of a given period (a month, a week...), recall the events which took place.

Ask the Lord to show you :

- The event or situation for which you are the most grateful
- An event or situation for which you are grateful
- An event or situation for which you are not so grateful...
- The event or situation for which you are the least grateful!

And then fill from left to right the columns of a chart like the one below, to see for each of these events or situations what you can choose to do moving forward.



Events	What happened? (description of event)	What feelings did this trigger?	Why is this the case?	Is this understanding / interpretation valid?	What do I decide accordingly?
++ Most grateful					
+ Grateful					
- Not grateful					
-- Least grateful					

