



Here is Louis Savary's description of The Thanksgiving Examen, according to Teilhard de Chardin :

1. *To give thanks in general to God our Lord for the benefits received in your life, in others, and in the world today.*
  
2. *To ask for grace to recognize all those particular things that happened to you and others that you should personally be grateful for.*
  
3. *To take account of your day from the hour that you arose up to the present time, hour by hour, or period by period: first your good thoughts, ideas, and intentions; then your good words spoken and heard; and then good acts, your actions and those of others, small or large, that positively touched your life or the life of someone else. Record these in your journal.*
  
4. *To praise and thank God our Lord for all the opportunities you had to make a difference in the world today and to inspire you to recognize more and more such opportunities in the future.*
  
5. *To thank God for all God has done for you, and to ask yourself: What can I envision doing that would lead me to be even more deeply grateful. Close with the Our Father.*