# Evening Checklist

**The Beginning**

# Pause – Take a deep breath and let it out slowly.

 Turn your mind to God.

 Review your day; remind yourself what you did today.

# Pause – Take a deep breath and let it out slowly.

# Answer The Following Questions:

 “Was I constantly thinking of my wants and needs?”

 “Did I spend time in worry, remorse or morbid reflection?”

 “Did I control my appetites and urges? (For the guys, were you on inappropriate web sites?)”

 “Was I resentful or angry?”

 “Was I dishonest?”

 “Did I try to puff myself up?”

 “Did I gossip?”

 “Do I owe an apology to anyone?”

 “Was there anyone who irritated me?”

 “Do I need to talk to someone about anything that I did today?”

 “Was I consciously in contact with God today?”

 “Was I grandiose and self-centred?”

 “What could I have done better?”

# Pause – Take a deep breath and let it out slowly.

**Conclusion**

 Read a passage from a spiritual reading.

 Prayer on your knees – “God, thanks for your help today.”