

ANNUAL EXAMEN

**A GUIDED PRACTICE OF REVIEW,
REFLECTION, AND RENEWAL**



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The Annual Examen is a simple way to practice what Ephesians 5 calls us to—to walk as children of light. As you look back on your year, you’re asking God to show you what is good, right, and true, and to gently reveal anything that needs His renewing grace. This isn’t about self-judgment, but about growing in honesty, humility, and attentiveness to what pleases the Lord as you step into a new year.

REVIEW (LOOK AT YOUR YEAR)

- 1. On the next page, make a bulleted list of notable things from the year. Mark each item as positive (+), negative (-), or neutral (=).**

TIP: Flip through your photos or social media, your calendar, or your journal to refresh your memory.

Use the following categories to guide what you include:

- Major events (e.g., “Trip to Disney!”)
- Milestones (e.g., “Daughter’s graduation!”)
- Highest highs
- Lowest lows
- Emotions that showed up frequently
- Challenges, themes, or patterns

- 2. Once your list is complete, review it. How would you summarize your year in three words (or short phrases)?**

Year: _____

+/-/=

Notable Thing from the Year

_____	_____
_____	_____
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REFLECT (LOOK AT YOUR HEALTH)

Using the prompts on the following pages, take an inventory of your personal health without judging yourself or rationalizing (see Romans 12:3).

Spiritual Health

- How would you describe your relationship with God this month? This year? (Close/distant, joyful/angry, peace/silence, etc.)
- How are you devoting daily and cultivating your connection with the Lord?
- What have you heard from the Lord this year? (Through Scripture, sermons, songs, counsel, prayer, etc.)
- What prayers were offered or answered?
- How did you steward your time, talent, and treasure?

Physical Health

- What five words best describe your physical condition this year?
- Are you getting enough sleep? Exercise? Time outside?
- What is your relationship to food or drink? Is it an idol of consolation, control, or compulsion?
- What do you want to improve about your physical health this year?

Emotional Health

- List five feelings that dominated your year (either positively or negatively).
- What were you doing, who were you with, and where were you when you were happiest this year? Saddest?
- What causes your greatest stress, and how are you coping?
- What is your relationship to entertainment, social media, or news outlets? Are there any idols of consolation, control, or compulsion?

Vocational Health

- List five words or feelings that describe your relationship to your vocation (frustrated, fulfilled, satisfied, complacent, etc.).
- Are you avoiding work or just getting by rather than leaning in as believers are called to (Colossians 3:17)?
- Are you idolizing work at the cost of your higher callings to God, family, community, or mission?
- Do you need to make any adjustments in the coming year?

Relational Health

- List the people who have been life-giving to you this year.
- Who has been draining you?
- Are you 100% known by anyone? Who?
- When was the last time you were fully open with them about something recent?
- Give a letter grade to your life in community with other believers (A = excellent, B = good, C = average, D = lacking deep friendships). How could you improve that grade?

Year: _____

After reflecting:

What stands out to you from this inventory of your health?

RESOLVE (LOOK AT GOD'S WORD)

1. Prayerfully consider what God is calling you to in the coming year.

Ask God which **one or two** areas He is leading you to work on.

TIP: Make a list of the top 5-6 areas you know are important to change, then circle the top two.

2. Write down Bible verses that speak to these areas of growth.

(It's okay to get input from a friend or mentor.)

3. Identify what you can do to get started.

TIP: Don't try to "arrive" overnight. Think, "If I were teaching a fifth grader to do this new thing, what would their first step be?" Then do that.

4. Identify who can help you grow this year.

Schedule a conversation with a friend or mentor and ask for the support you need.

5. Ask: What is your next faithful step?

TIP: Doing this same process monthly can greatly enhance your year-end reflection.

