



VILLANOVA
COLLEGE

AN *Augustinian* Examination

FOR VILLANOVA COLLEGE

Let me know myself;
Let me know You.
ST AUGUSTINE

Guidelines

How to use this examen

Set aside a few moments, ideally at the end of each day.
Read the questions one by one or skip around to those that speak to you in the moment.
Listen to how you are responding, physically, emotionally, spiritually, and sit with what you hear.
Notice how greater awareness of what you value transforms you as you move through the journey of life...

Ongoing conversion

How did I change and become more whole today?

- + How was I invited to change my opinion or behaviour?
- + When today did I know that I am a good person?
- + What or who enriched my life today?
- + When have I done something to make a positive contribution to others?