In response to the current turmoil and division in our country, perhaps an **examination of conscience** each day would help each of us work toward a more perfect union.

* How have I reached out to others today?
* What opportunities to reach out have I missed?
* Did I engage in discussion of differences with openness to being enlightened?
* Was I able to disagree without being scornful or dismissive?
* How have I listened today?
* How have I shown respect to another today?
* How have I opened my heart and stood in someone else’s shoes today?
* How was I able to build bridges of unity today?
* Did I dehumanize, stereotype or demonize anyone today?
* Did I face the problems of the world with confidence in God and see possibilities?

* How have I brought light to my world today?

If this is helpful to your spiritual journey, feel free to use, adapt and share…..