

To begin this meditation, situate yourself comfortably in the upright position. Gently close your eyes. Plant your feet firmly on the floor, and let your hands rest at your sides. Take a slow, deep breath in. Feel the air enter your lungs. With your lungs filled with air, hold it just for a moment then let it out slowly.

Do this two more times.

Now revisit your day, beginning with the first thing you did when you woke up. Maybe you ate then brushed your teeth. What happened after breakfast? Who did you see? How did the air feel on your skin? Where were you at midday? Did you notice the day's brightness? What things did you taste? Were you outside in the afternoon? I wonder what caught your attention.

At the end of the day, where did you go? What were your conversations like?

With these memories of your day before you, consider three moments when you experienced joy today. Consider three moments when you experienced joy today.

What were three moments when things didn't go well? Consider three moments when things didn't go well.

Now, let's imagine tomorrow. Who will you see? What will you do? How can you invite God into what lies ahead? Offer a prayer now, asking God to help you with failure tomorrow. Offer your prayer now. Ask God to help you with failure tomorrow.

We're going to move out of our time of reflection. Enjoy a full breath in before you open your eyes. Now feel your breath leave your body. Slowly open your eyes to the present moment around you.