**Keep Growing: Resources for Year 6 Transitioning**

**to Secondary School**

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| **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPurpose** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPeople** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPrayer** | **X** | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPlace** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPlan** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilProgress** |  |

**The Examen Prayer to End Your Day**

The Examen Prayer was established as one of the spiritual practices developed by St Ignatius of Loyola. It is a prayer intended to be said at the end of each day. There are no set words, just different themes for you to use your own words to explore with God.

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| **The Examen Prayer** |
| **Gratitude** |
| Thank you for all the gifts in my life. Thank you for every good thing I have received in my life today. |
| **Grace** |
| Help me to see me and see my day through your eyes, with kindness and love for myself and others. |
| **Accountability** |
| Show me where we were connected today and where I turned away from you and your ways. |
| **Pardon** |
| Please forgive me for the times today when I turned away from your way of living. |
| **Looking Forward** |
| Show me who you want me to be tomorrow. Help me to see the ways in which I can use my voice, my actions and my gifts to serve others. |
| **Silence** |
| Spend some moments in quiet prayer and/or reflection. |

You could write your own prayer to start the day, or find one you particularly like.