TRUE HEART

DISCERNING A DIOCESAN PRIESTLY VOCATION



DAILY SPIRITUAL RECORD

William M. Watson, SJ

Sacred Story Press 1401 E Jefferson St, STE 405 Seattle, WA 98122

Copyright © 2022

All rights reserved.



Dedicated to Our Lady of the Way

Jacket and Book Design: William Watson, SJ



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help

Location	I did this(Minutes) No
2. As I Lie Down	to Sleep—I offered my heart and dreams to God
Location	<i>I did this</i> (Minutes) No
Location	rt Time—A Contiguous 45 Minutes I Trained Yes No)
	the Day – <u>Write no more than two sentences</u> on a "vain, self- sy or action that decreased my faith, hope and love of Goo
	m the Day — <u>Write no more than two sentences</u> on a "holy y or action that increased my faith, hope and love of God and

1. Prayer Upon Waking	;—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- action that decreased my faith, hope and love of God
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer opon waking—ruttuneu to the day unedu and invited God 3 help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer opon waking—ruttuneu to the day unedu and invited God 3 help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	p—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- ction that decreased my faith, hope and love of God
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's neip
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – Write no more than two sentences on a "holy self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer opon waking—ruttuneu to the day unedu and invited dod's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Wakii	ng—I attuned to the day ahead and invited God's help
Location	<i>I did this(</i> Minutes) No
2. As I Lie Down to Sl	eep—I offered my heart and dreams to God
Location	<i>I did this(</i> Minutes) No
Location	ne—A Contiguous 45 Minutes I Trained Yes No)
	Day – <u>Write no more than two sentences</u> on a "vain, selfaction that decreased my faith, hope and love of God
	e Day – <u>Write no more than two sentences</u> on a "holy, action that increased my faith, hope and love of God and

neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1 Prayer Upon Waking—Lattuned to the day ahead and invited God's help

a, c. opc	,	,	шшшшшшшшш
Location	I did this(_	_Minutes)	No
2. As I Lie Down to Slee	p−I offered my	heart and	dreams to God
Location	I did this(_	_Minutes)	No
3. Day True Heart Time Location(If no, why?	I Trained Y	es No_	
			o sentences on a "vain, self- aith, hope and love of God
	•		n two sentences on a "holy, h, hope and love of God and

1. Prayer Upon Waking	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- action that decreased my faith, hope and love of God
	Day – Write no more than two sentences on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location
3. Day True Heart Time—A Contiguous 45 Minutes
Location I Trained Yes No
(If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – Write no more than two sentences on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and
neighbor.

1. Prayer Upon Waking	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- action that decreased my faith, hope and love of God
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Wakin	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Sle	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location (If no, why?	e—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the D	ay – Write no more than two sentences on a "vain, se

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and

centered" fantasy or action that decreased my faith, hope and love of God

lf-

neighbor.

and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes
Location I Trained Yes No
(If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – Write no more than two sentences on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and

1. Prayer opon waking—ruttuned to the day dhedd and monted God 3 help		
Location I did this(Minutes) No		
2. As I Lie Down to Sleep—I offered my heart and dreams to God		
Location I did this(Minutes) No		
3. Day True Heart Time—A Contiguous 45 Minutes		
Location I Trained Yes No		
(If no, why?)		
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.		

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1 Prayer Upon Waking—Lattuned to the day ahead and invited God's help

	,	,	
Location	I did this(_	_Minutes)	No
2. As I Lie Down to Slee	ep—I offered my	heart and	dreams to God
Location	I did this(_	_Minutes)	No
3. Day True Heart Time Location (If no, why?	I Trained Y	es No_	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.			
	•		n two sentences on a "holy, h, hope and love of God and

1. Prayer Upon Waking—I at	ttuned to the day ahead and invited God's help
Location I did	this(Minutes) No
2. As I Lie Down to Sleep—I	offered my heart and dreams to God
Location I did	this(Minutes) No
3. Day True Heart Time—A C Location I Tra (If no, why?	ined Yes No
	Vrite no more than two sentences on a "vain, self- that decreased my faith, hope and love of God
·	- Write no more than two sentences on a "holy, hat increased my faith, hope and love of God and



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	p—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- ction that decreased my faith, hope and love of God

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and

neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help		
Location I did this(Minutes) No		
2. As I Lie Down to Sleep—I offered my heart and dreams to God		
Location I did this(Minutes) No		
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)		
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.		

Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1 Prayer Upon Waking—Lattuned to the day ahead and invited God's help

a, c. opc	,	,	шшшшшшшшшш
Location	I did this(_	_Minutes)	No
2. As I Lie Down to Slee	p−I offered my	heart and	dreams to God
Location	I did this(_	_Minutes)	No
3. Day True Heart Time Location(If no, why?	I Trained Y	es No_	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.			
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.			

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help		
Location	I did this(Minutes) No	
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God	
Location	I did this(Minutes) No	
Location	—A Contiguous 45 Minutes I Trained Yes No)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.		

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help		
Location	I did this(Minutes) No	
2. As I Lie Down to Sleep	p—I offered my heart and dreams to God	
Location	I did this(Minutes) No	
Location	—A Contiguous 45 Minutes I Trained Yes No)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
	Day – <u>Write no more than two sentences</u> on a "holy, ion that increased my faith, hope and love of God and	



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Wakin	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Sle	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self action that decreased my faith, hope and love of Goo

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help		
Location I did	this(Minutes) No	
2. As I Lie Down to Sleep—I	offered my heart and dreams to God	
Location I did	this(Minutes) No	
3. Day True Heart Time—A C Location I Tra (If no, why?	ined Yes No	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.		

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help		
Location I did	this(Minutes) No	
2. As I Lie Down to Sleep—I o	offered my heart and dreams to God	
Location I did	this(Minutes) No	
3. Day True Heart Time—A C Location I Tra (If no, why?	ined Yes No	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.		

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No	
2. As I Lie Down to Slee	p—I offered my heart and dreams to God	
Location	I did this(Minutes) No	
Location	—A Contiguous 45 Minutes I Trained Yes No)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and	

1. Prayer Opon waking	,—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No	
2. As I Lie Down to Slee	p—I offered my heart and dreams to God	
Location	I did this(Minutes) No	
Location	—A Contiguous 45 Minutes I Trained Yes No)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and	

1. Prayer Upon Waking-	– I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No	
2. As I Lie Down to Sleep	o—I offered my heart and dreams to God	
Location	I did this(Minutes) No	
Location	—A Contiguous 45 Minutes I Trained Yes No)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
	Day — <u>Write no more than two sentences</u> on a "holy, ion that increased my faith, hope and love of God and	

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location I did this(Minutes) No	
2. As I Lie Down to Sleep—I offered my heart and dreams to God	
Location I did this(Minutes) No	
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.	



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking	;—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Sle	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
	ay – Write no more than two sentences on a "vain, se

Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day dhedd and invited God's neip	
Location I did this(Minutes) No	
2. As I Lie Down to Sleep—I offered my heart and dreams to God	
Location I did this(Minutes) No	
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.	

1. Prayer opon waking—ruttuneu to the day unedu and invited God 3 help		
Location I did this(Minutes) No		
2. As I Lie Down to Sleep—I offered my heart and dreams to God		
Location I did this(Minutes) No		
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)		
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.		

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking	;—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No
2. As I Lie Down to Sle	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
3. Day True Heart Time	e—A Contiguous 45 Minutes
	I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self centered" fantasy or action that decreased my faith, hope and love of Goo and neighbor.	

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location I did this(Minutes) No	
2. As I Lie Down to Sleep—I offered my heart and dreams to God	
Location I did this(Minutes) No	
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.	

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	p—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – Write no more than two sentences on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No
2. As I Lie Down to Slee	p—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Sle	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
3. Day True Heart Time	e—A Contiguous 45 Minutes
Location	I Trained Yes No
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location I did this(Minutes) No	
2. As I Lie Down to Sleep—I offered my heart and dreams to God	
Location I did this(Minutes) No	
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.	



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	p—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, selfcentered" fantasy or action that decreased my faith, hope and love of God and neighbor.	

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and

neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help		
Location I did this(Minutes) No		
2. As I Lie Down to Sleep—I offered my heart and dreams to God		
Location I did this(Minutes) No		
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)		
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.		
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.		

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location I did this(Minutes) No	
2. As I Lie Down to Sleep—I offered my heart and dreams to God	
Location I did this(Minutes) No	
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.	

1. Prayer Upon Waking—	I attuned to the day ahead and invited God's help
Location I	did this(Minutes) No
2. As I Lie Down to Sleep-	—I offered my heart and dreams to God
Location I	did this(Minutes) No
•	-A Contiguous 45 Minutes Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	ay – <u>Write no more than two sentences</u> on a "holy, on that increased my faith, hope and love of God and

1. Prayer opon waking—ruttuneu to the day unedu and invited God's help	
Location I did this(Minutes) No	
2. As I Lie Down to Sleep—I offered my heart and dreams to God	
Location I did this(Minutes) No	
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)	
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.	

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help	
Location	I did this(Minutes) No
2. As I Lie Down to Slee	p—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Wal	sing—I attuned to the day ahead and invited God's help
Location	<i>I did this</i> (Minutes) No
2. As I Lie Down to Sleep— <i>I offered my heart and dreams to God</i>	
Location	<i>I did this</i> (Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location Trained Yes No (If no, why?)	
	e Day – <u>Write no more than two sentences</u> on a "vain, self- or action that decreased my faith, hope and love of God

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.	
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- action that decreased my faith, hope and love of God
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- action that decreased my faith, hope and love of God
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.



Try to spend twenty minutes in the morning and in the evening without technology. When you awake, attune to the day, and offer your day to God with a morning offering. When you go to sleep at night, have a space of tech-free time before you get into bed so you can hear your heart.

1. Prayer Upon Wakin	g—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Sle	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	e—A Contiguous 45 Minutes I Trained Yes No)
	Day – <u>Write no more than two sentences</u> on a "vain, selfaction that decreased my faith, hope and love of God

Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	ep—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- oction that decreased my faith, hope and love of God
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking	—I attuned to the day ahead and invited God's help
Location	I did this(Minutes) No
2. As I Lie Down to Slee	p—I offered my heart and dreams to God
Location	I did this(Minutes) No
Location	—A Contiguous 45 Minutes I Trained Yes No)
	ay – <u>Write no more than two sentences</u> on a "vain, self- ction that decreased my faith, hope and love of God
	Day – <u>Write no more than two sentences</u> on a "holy, tion that increased my faith, hope and love of God and

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

1. Prayer Upon Waking—I attuned to the day ahead and invited God's help
Location I did this(Minutes) No
2. As I Lie Down to Sleep—I offered my heart and dreams to God
Location I did this(Minutes) No
3. Day True Heart Time—A Contiguous 45 Minutes Location I Trained Yes No (If no, why?)
Desolation From the Day – <u>Write no more than two sentences</u> on a "vain, self-centered" fantasy or action that decreased my faith, hope and love of God and neighbor.
Consolation From the Day – <u>Write no more than two sentences</u> on a "holy, self-less" fantasy or action that increased my faith, hope and love of God and neighbor.

Sacred Story Press Seattle, USA sacredstoryrpress.com

Sacred Story Press explores dynamic new dimensions of classic Ignatian spirituality, based on St. Ignatius' Conscience Examen in the *Sacred Story* prayer method pioneered by Fr. Bill Watson, S.J. We are creating a new class of spiritual resources. Our publications are research-based, authentic to the Catholic Tradition and designed to help individuals achieve integrated, spiritual growth, holiness of life and to discern vocations.