



spirit of EQ

Emotional Intelligence · Enneagram · Spiritual Formation

What Is Mine to Do?

An End-of-Day Examen

Six questions. Fifteen minutes. End of day.

Find a quiet five minutes at the close of the day — a legal pad, a journal, whatever is at hand. Move through these questions slowly. The goal isn't a tidy answer. It's an honest one.

1. Walk back through today, one decision at a time. Which ones moved the actual mission forward — the work, the relationship, the calling you're actually here for?

2. Which decisions today were really someone else's urgency that you picked up and carried as if it were your own?

3. Where did a good opportunity — a worthwhile one, on its own terms — pull you slightly away from the thing you're actually here to do?

4. If you said yes to something today, what did you say no to without realizing it?

5. Was there a moment today you mistook noise for an assignment?

6. Looking back over the whole day: name one thing that was genuinely yours to do. Did you do it? If not, what would it take tomorrow?

Peace and every good.