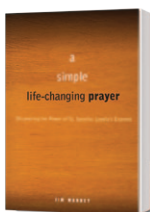


1. **Ask God for light.** I want to look at my day with God's eyes, not merely my own.
2. **Give thanks.** The day I have just lived is a gift from God. Be grateful for it.
3. **Review the day.** I carefully look back on the day just completed, being guided by the Holy Spirit.
4. **Face your shortcomings.** I face up to what is wrong—in my life and in me.
5. **Look toward the day to come.** I ask where I need God in the day to come.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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