

A GIFT FROM
THE IGNATIAN SPIRITUALITY CENTRE OF MONTREAL

Noticing with Gratitude Workbook

5 quiet minutes a day

Wherever your days find you — a balcony, a park bench, the edge of a lake — this little workbook will walk with you, one quiet moment at a time.

IGNATIANCENTREMTL.ORG



Welcome, friend

Before you begin

We are so glad this little workbook has found its way to you. It is a simple companion for ordinary days — a way of ending (or beginning) each day by noticing what God has quietly given.

Five centuries ago, St. Ignatius of Loyola taught a short daily prayer called the Examen. It begins — always — with gratitude. Before anything else, we remember the gifts we have already received. Gratitude helps us recognize that God has been present throughout our day, and gently opens our hearts to trust in the gifts still to come. That grateful noticing is the heart of these pages.

What you will need

- ✦ About 5 unhurried minutes
- ✦ A pen or pencil
- ✦ A quiet spot — outdoors if you can; or your favourite peaceful place
- ✦ No experience and no perfect words — only the willingness to notice

How to use this workbook

- 1 To begin, read the guided moment on the next page slowly, just once. It will show you the way — like a friend walking beside you.
- 2 Each day, let the four invitations lead you. You have the choice between a longer form on pages 4-10 or short and sweet on page 11. One word can be enough.
- 3 At the end of the week, review & reflect on what has come up during the past 7 days — you may be surprised by what has quietly emerged.

There is no wrong way to do this.
God is already there, waiting for you to step into awareness.

Your guided moment

Let yourself be accompanied

ARRIVE

Find your place — under a tree, near the water, by an open window. Sit comfortably and feel your body settle. Take one slow breath... and another. There is no rush and nothing to achieve. You are simply here — and God is here with you.

ASK

In your own words, ask God for the grace of a grateful heart. Something as simple as: “God, help me see this day the way You see it.”

NOTICE

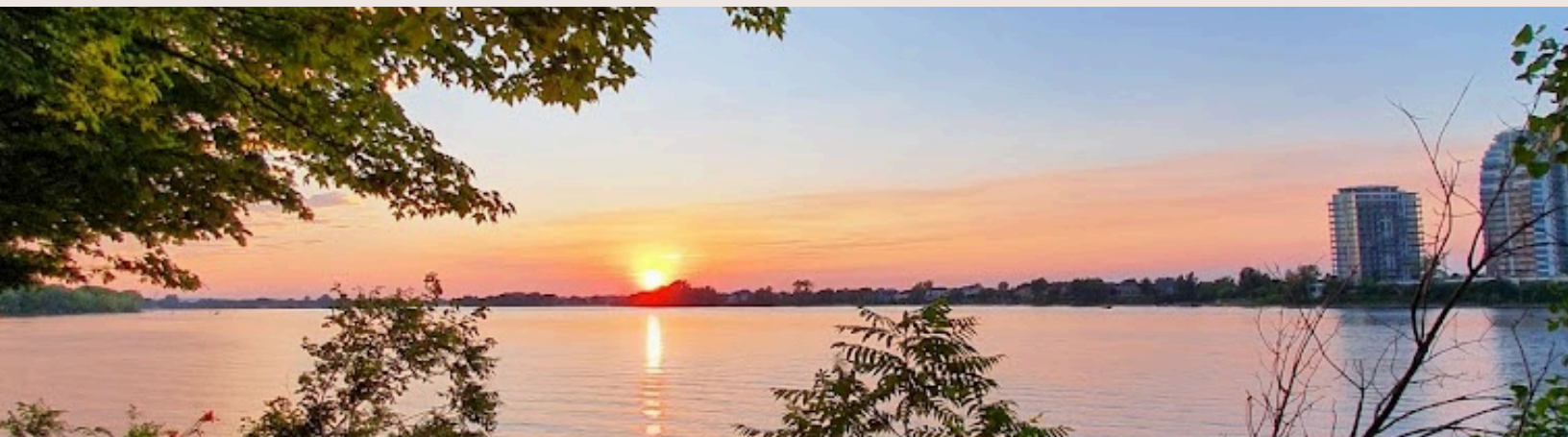
Now let the day come back to you, gently, like ripples reaching the shore. Browse its hours with kindness — don’t force anything. Four invitations will keep you company; you will find them on the next page, with room to write. Writing slows us down beautifully: a single word can hold a whole gift.

RECEIVE

When you have written what wants to be written, stop. Stay a few moments in silence. Imagine holding what you noticed in open hands — receiving, rather than grasping.

GIVE THANKS

End simply: thank God for the blessings of this day, and ask for the grace to keep noticing God’s loving presence in all things. Tomorrow the day will be new — and so will its gifts.



Notice and receive

As you rest in God's presence, let these invitations rise gently — and write what you notice.

Day 1 _____

✦ Beauty in creation caught my attention when...

✦ A small gift I received today was...

✦ I felt God's love, peace, or quiet presence when...

✦ As I walked with gratitude, I noticed a shift in myself when...

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.

Notice and receive

As you rest in God's presence, let these invitations rise gently — and write what you notice.

Day 2 _____

✦ Beauty in creation caught my attention when...

✦ A small gift I received today was...

✦ I felt God's love, peace, or quiet presence when...

✦ As I walked with gratitude, I noticed a shift in myself when...

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.

Notice and receive

As you rest in God's presence, let these invitations rise gently — and write what you notice.

Day 3 _____

✦ Beauty in creation caught my attention when...

✦ A small gift I received today was...

✦ I felt God's love, peace, or quiet presence when...

✦ As I walked with gratitude, I noticed a shift in myself when...

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.

Notice and receive

As you rest in God's presence, let these invitations rise gently — and write what you notice.

Day 4

✦ Beauty in creation caught my attention when...

✦ A small gift I received today was...

✦ I felt God's love, peace, or quiet presence when...

✦ As I walked with gratitude, I noticed a shift in myself when...

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.

Notice and receive

As you rest in God’s presence, let these invitations rise gently — and write what you notice.

Day 5 _____

✦ Beauty in creation caught my attention when...

✦ A small gift I received today was...

✦ I felt God's love, peace, or quiet presence when...

✦ As I walked with gratitude, I noticed a shift in myself when...

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.

Notice and receive

As you rest in God's presence, let these invitations rise gently — and write what you notice.

Day 6 _____

✦ Beauty in creation caught my attention when...

✦ A small gift I received today was...

✦ I felt God's love, peace, or quiet presence when...

✦ As I walked with gratitude, I noticed a shift in myself when...

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.

Notice and receive

As you rest in God's presence, let these invitations rise gently — and write what you notice.

Day 7 _____

✦ Beauty in creation caught my attention when...

✦ A small gift I received today was...

✦ I felt God's love, peace, or quiet presence when...

✦ As I walked with gratitude, I noticed a shift in myself when...

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.

A week of noticing

One line a day is enough

If the 4 invitations are too much, you can write a simple sentence per day.

You can also use this section to review your week in a few words for each day.

When you take time to review what you notice — as St. Ignatius encouraged — you deepen your understanding of your overall experience.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

To close · Remain a few moments in silence, simply receiving these gifts with an open heart.
Thank God for the blessings of this day.



Looking back on my week

After a week of gathering your little harvest of gifts and reading your reflections, ask yourself: where did God seem closest? What might God be inviting me to?



How do you feel?

We hope this Examen (awareness) experience contributed in some way to your peace.



Want to go further?

If this week stirred something in you, you don't have to walk alone. The Ignatian Spirituality Centre of Montreal offers retreats and programs for every stage, including gentle first steps. See what's coming up at: ignatiancentremtl.org

Thank you

For five quiet minutes at a time, you let God's gifts find you. That is no small thing.

Thank you for letting this little workbook keep you company in your daily life. Every line you wrote was a small act of trust — a way of saying that your days, even the most ordinary ones, are worth noticing.

We would love to hear how it went. Simply reply to the email that brought you this workbook, or tag **@centreignatienmtl** — your experience may be exactly the encouragement someone else needs.

And if someone came to mind as you prayed, pass this workbook along. Gratitude grows when it is given away.

Whenever you are ready for a next step, we will be here.

May you keep finding God in all things.

— The ISCM team

