

At the Beginning of the Day
A Mirror of Questions

What dreams do I need to dream today?

Where do I need to spend time?

Where within, do I not want to go?

Where am I hurting?

What do I need to learn today?

Is there anything that I need to read?

What preoccupies me everyday?

What differences am I aware of in those who are closest to me?

Is there anyone that I have been neglecting?

What have I neglected in myself?

What can I begin today that will last?

What can I do today for others?

What can I do today for those abandoned and excluded?

Among my deceased loved ones, who do I need to remember today?

Is there a risk I could take today?

Can I show my vulnerability today?

Am I prepared to accept the gifts I will be offered this day?

What would I really like to spend this day doing?

How can I really ensure that I will enjoy myself to the full?

How can I make this day a day to remember?

Why have I been given this day?

Why are there not more days like this one?



Denis Gleeson (Based upon John O'Donohue's "At the End of the Day: A Mirror of Questions" in "A Book of Invocations and Blessings")