



# Examination of Conscience Elementary Schools

***“I give you one commandment: love one another. As I have loved you, so you also should love one another.”***

(JOHN 13:34)

## My Relationship with God

- ❖ Do I place God first in my life?
- ❖ Do I speak to God during the day?
- ❖ Do I pray in the morning, before sleep, and at meal time?
- ❖ Do I listen attentively during prayers at school or in class?
- ❖ When I attend Mass, do I actively and fully participate?
- ❖ Do I always show respect and reverence for God’s name?
- ❖ Do I seek God’s forgiveness for making inappropriate choices?
- ❖ Am I grateful, thanking God for the blessings I receive every day?
- ❖ Do I see God in everyone and in all things?
- ❖ Do I include God in all the decisions I make and in all my relationships with others?

## My Relationship with the Earth

- ❖ Am I careful to reduce, reuse and recycle where possible?
- ❖ Am I watchful that food, water and electricity are not wasted?
- ❖ Do I see all creation as sacred and holy?
- ❖ Do I see God in the beauty of creation?

## My Relationship with Others

- ❖ Have I been respectful towards my parents?
- ❖ Do I get angry or argue with them? Am I thankful for what they do for me?
- ❖ Do I offer help with the chores around the house?
- ❖ Am I respectful of my teachers and others in authority?
- ❖ Am I respectful of elders (grandparents, aunts, uncles, neighbours etc.)
- ❖ Am I impatient with my brothers and sisters? Do I ask forgiveness if I have hurt them in any way?
- ❖ Do I forgive others or do I hold grudges?
- ❖ Do I treat other students and friends with respect and with patience?
- ❖ Have I gossiped or bullied others in person, physically or verbally?
- ❖ Have I gossiped or bullied others online or on social media?
- ❖ Do I support and encourage others to be the best they can be?
- ❖ Am I honest?
- ❖ Do I keep the promises I make to others?
- ❖ Am I jealous of what others have?
- ❖ Do I share my things with others?

## My Relationship with Myself

- ❖ When tempted to make a bad choice, do I ask God to help me make good choices?
- ❖ Do I use inappropriate language?
- ❖ Have I taken anything that was not mine?
- ❖ Do I take school seriously?
- ❖ Am I always asking for things I don’t really need?
- ❖ Do I treat myself with respect, knowing I am a temple of the Holy Spirit?
- ❖ Am I using the gifts and talents God has given me?
- ❖ Do I strive to be a person of faith and to love God with my whole heart and soul?

## Vision

Achieving Excellence in Catholic Education

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