

## **Establishing the Habit of a Daily Review**

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From the very beginning of our work with the School, we are asked to carry out an Evening Review. The purpose of this task is to learn detachment, discernment, and self-observation, which will lead to expanding consciousness and personal growth. More about the Evening Review and its usefulness will be found in your lesson material.

However, many students report difficulty in faithfully carrying out this review every evening. Some of the problems reported are not having enough time left at the end of the day, falling asleep while doing it, or emotionally reliving the events of the day rather than viewing them as a detached observer.

One recommendation that has proved to be helpful for many students is to do the review the following morning rather than in the evening of the day itself. Sometimes a period of sleep in between the events and our review of them can help us look at what happened during the previous day with more objectivity and alertness, plus our perspective will be at its freshest in the morning.

When we use this tool daily, we will eventually develop the ability to observe all events in real time from a more Soul-centered perspective.