

My Nightly Inventory

Help me to constructively review my day. Where was I:

Resentful?
Selfish?
Dishonest?
Afraid?
What secrets am I keeping?
Who will I tell?
Was I thinking of myself or what I could do for others?
Was I kind and loving toward all? What could I have done better?
Did I cause any harm?
To whom do I owe an apology?
Today I am grateful for:
Today I accept/surrender:

Date: ____ / ____ / ____

TODAY'S ACTION LIST

Morning Prayer/Meditation	Y N
Read Scripture/Recovery Lit	Y N
Attended a Meeting	Y N
Called my Sponsor	Y N

SELF-WILL

SPIRIT-WILL

Anger ☐	☐ Calm
Dishonest ☐	☐ Honest
Doubt ☐	☐ Faith
Envy ☐	☐ Content
Fear ☐	☐ Courage
Gluttony ☐	☐ Moderate
Grandiose ☐	☐ Modest
Greed ☐	☐ Giving
Harmful ☐	☐ Helpful
Hate ☐	☐ Love
Impatient ☐	☐ Patient
Inconsiderate ☐	☐ Considerate
Intolerant ☐	☐ Tolerant
Jealous ☐	☐ Confident
Lazy ☐	☐ Productive
Lust ☐	☐ Chaste
Pride ☐	☐ Humble
Procrastinate ☐	☐ Motivated
Resentful ☐	☐ Forgiving
Self-Condemn ☐	☐ Self-accept
Self-Justified ☐	☐ Humble
Self-pity ☐	☐ Self-Forgive
Self-Seeking ☐	☐ Selfless
Suspicious ☐	☐ Trust
Unfaithful ☐	☐ Faithful

10th STEP AMENDS PRAYER

Please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live your will better today. I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right and grant me the humility and strength to do your will. (86:1)