My Nightly Inventory

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

Resentful?	Morning Praye Read Scripture Attended a
Selfish?	Called my
	SELF-WII
	Anger
Dishonest?	Dishonest
	Doubt
A C 1.10	Envy
Afraid?	Fear
	Gluttony
What secrets am I keeping?	Grandiose
The State of the S	Greed
	Harmful
	Hate
Who will I tell?	Impatient
Was I thinking of myself or what I could do for others?	Inconsiderate
	Intolerant
	Jealous
	Lazy
	Lust
Was I kind and loving toward all?	Pride
What could I have done better?	Procrastinate
	Resentful
	Self-Condemn
	Self-Justified
Did I cause any harm?	Self-pity
	Self-Seeking
	Suspicious
	Unfaithful
To whom do I owe an apology?	10th STEP A
Today I am grateful for: Today I accept/surrender:	Please forgitoday. I know failings, I was no as I could have forgive me and better today. I as how to correct outlined. Guide me remove my arrogome how to make and grant me the to do yo

Date: /	/ /	<i></i>
---------	-----	---------

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	
Glut <mark>t</mark> ony 🗾	Moderate	
Grandiose 🛮	Modest	
Greed 🛮	Giving	
H <mark>armful</mark>	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)