

# My Nightly Inventory

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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:

## 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 <input type="checkbox"/>	<input type="checkbox"/> Calm
Dishonest <input type="checkbox"/>	<input type="checkbox"/> Honest
Doubt <input type="checkbox"/>	<input type="checkbox"/> Faith
Envy <input type="checkbox"/>	<input type="checkbox"/> Content
Fear <input type="checkbox"/>	<input type="checkbox"/> Courage
Gluttony <input type="checkbox"/>	<input type="checkbox"/> Moderate
Grandiose <input type="checkbox"/>	<input type="checkbox"/> Modest
Greed <input type="checkbox"/>	<input type="checkbox"/> Giving
Harmful <input type="checkbox"/>	<input type="checkbox"/> Helpful
Hate <input type="checkbox"/>	<input type="checkbox"/> Love
Impatient <input type="checkbox"/>	<input type="checkbox"/> Patient
Inconsiderate <input type="checkbox"/>	<input type="checkbox"/> Considerate
Intolerant <input type="checkbox"/>	<input type="checkbox"/> Tolerant
Jealous <input type="checkbox"/>	<input type="checkbox"/> Confident
Lazy <input type="checkbox"/>	<input type="checkbox"/> Productive
Lust <input type="checkbox"/>	<input type="checkbox"/> Chaste
Pride <input type="checkbox"/>	<input type="checkbox"/> Humble
Procrastinate <input type="checkbox"/>	<input type="checkbox"/> Motivated
Resentful <input type="checkbox"/>	<input type="checkbox"/> Forgiving
Self-Condemn <input type="checkbox"/>	<input type="checkbox"/> Self-accept
Self-Justified <input type="checkbox"/>	<input type="checkbox"/> Humble
Self-pity <input type="checkbox"/>	<input type="checkbox"/> Self-Forgive
Self-Seeking <input type="checkbox"/>	<input type="checkbox"/> Selfless
Suspicious <input type="checkbox"/>	<input type="checkbox"/> Trust
Unfaithful <input type="checkbox"/>	<input type="checkbox"/> 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)*