

Day:

Date: ____ / ____ / ____

Morning Prayer/Meditation Y N

Read Scripture/Recovery Lit Y N

Went to a Meeting Y N

Called Someone Sober Y N

*Forgive me as I forgive others and
correct me that I may better serve you.*

When was I resentful, selfish, dishonest, or afraid?

Do I owe anyone an apology?

Have I kept something to myself that should be shared at once?

Was I kind and loving toward all?

What could I have done better?

Was I thinking of myself or of what I could do for others most of the time?

Today I am grateful for:

Today I accept or surrender:

Today's Thoughts, Feelings, Notes:
