

Day:

Date ____ / ____ / ____

Read Scripture/Recovery Lit Y N

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

Went to a Meeting Y N
Called Someone Sober Y N

When was I:

resentful?

selfish?

dishonest?

afraid?

Did I justify prideful, angry, jealous, or anxious thoughts, words, or actions?

Did I cause any harm? Do I owe anyone an apology?

Have I kept something to myself that should be shared? Who will I tell?

Was I kind and loving toward all? Yes No

What could I have done better?

Was I thinking of myself or of what I could do for others? Self Others

Today, I am grateful for:

Today, I accept or surrender:

Today's Thoughts, Feelings, Notes: