

DAILY INVENTORY

Things To Watch Out For: Answer In Writing: Who, What, When, Where

Was I selfish?

Was I dishonest?

Was I inconsiderate?

Was I resentful?

Was I angry?

Was I afraid?

Anything else negative?

Things To Be Grateful For, Evidence Something Is Working In My Life, To Change Me
And These Crippled Attitudes: Again, Who, What, When, Where
Any example of faith or trust?

Any prayer or meditation?

Any examples of being helpful to a person
or in a situation at work?

Any feelings of hope?

Any examples of doing the right thing, or
taking the right action?

Any positive or growth-oriented insights
about self?

Any examples of anonymous good deeds?
Why not?

Anything else positive (big or small)?

Our higher power allows us to experience the low points of life in order to teach us
lessons we could not learn in any other way. What do I need to learn?

Higher power, may I understand:

To be alert to my own needs, not to the faults of others,

To remain teachable,

To listen,

To keep an open mind, and

To learn not who's right but what's right.

Pray for the right attitude.

The Promises mean nothing if they are only in the Big Book! They have significance if
they are in my life. If they are not, what am I refusing to do?

Correct actions to take concerning the top section:

Ask your higher power to remove these defects.

Talk to someone immediately.

Make any amends if required.

Turn your thoughts and actions to someone or to some way you can be helpful.