

“God, I offer myself to thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thou will always.”

Big Book, page 63  
THANK YOU GOD!

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MY 11TH STEP REVIEW OF THE DAY  
Big Book - pages 86-88

- |   | Y                        | N                        |
|---|--------------------------|--------------------------|
| 1. Did I start my day with the third step prayer?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Did I take time for morning meditation?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Did I ask God to help me do His will today?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Did I write my Thank You daily dozen?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Did I remember to ask God's help before making each of today's decisions?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Was I resentful of any person or situation?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Was I selfish?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Was I dishonest?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Was I afraid?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Did I get into self-pity?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Did I procrastinate?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have I kept to myself something I should have discussed with another at once?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Was I kind and loving toward all?   | <input type="checkbox"/> | <input type="checkbox"/> |
| Did I bad mouth?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Did I gossip?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Was I thinking of myself most of the time or was I thinking of what I could do for others or what I could pack into the stream of life? | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Do I owe someone a "Do It Now" apology?   | <input type="checkbox"/> | <input type="checkbox"/> |

I can now thank God for the experience of today (both good and bad) and ask Him to help me do better tomorrow.

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