

Date \_\_\_\_\_

**7TH STEP PRAYER**

*My* Creator, I am now willing that You should have all of me, good and bad. *I* pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. **G**rant me strength, as I go out from here, to do Your bidding. Amen

**WHEN WE RETIRE AT NIGHT, WE CONSTRUCTIVELY REVIEW OUR DAY...** (pg. 86 AA Big Book)

When we retire at night, we constructively review our day...

Were we resentful, selfish, dishonest or afraid? \_\_\_\_\_

Do we owe an apology? \_\_\_\_\_

Have we kept something to ourselves which should be discussed with another person at once? \_\_\_\_\_

\_\_\_\_\_

Were we kind and loving toward all? \_\_\_\_\_

What could we have done better? \_\_\_\_\_

Were we thinking of ourselves most of the time? \_\_\_\_\_

Were we thinking of what we could do for others, or what we could pack into the stream of life? \_\_\_\_\_

\_\_\_\_\_

Be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

After making our review we ask God's forgiveness and inquire what corrective measures should be taken?

Thy Will Not Mine Be Done

**MEDITATION PERIOD:**

“Upon awakening let me think about the twenty-four hours ahead. We consider our plans for the day. Before we began, we ask God to direct my thinking, epically asking that it be divorced from self-pity, dishonest or self-seeking motives.” (pg. 86 AA Big Book)

**Things God may be asking me to do**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things Involving My Spouse**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things Involving My Kids**

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\_\_\_\_\_  
\_\_\_\_\_

**Things Involving My Job**

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\_\_\_\_\_  
\_\_\_\_\_

**Things Involving Others**

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\_\_\_\_\_  
\_\_\_\_\_

**Things involving my recovery**

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\_\_\_\_\_  
\_\_\_\_\_

**Gods Plan for this morning**

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\_\_\_\_\_  
\_\_\_\_\_

**Gods Plan for after lunch**

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\_\_\_\_\_  
\_\_\_\_\_

**Gods Plan for this evening**

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\_\_\_\_\_  
\_\_\_\_\_

**Gods Plan for tonight**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Planned Daily Review Time** \_\_\_\_\_

**Planned Bed Time** \_\_\_\_\_

**SERENITY PRAYER**

God grant me the serenity to accept the things I cannot change; Courage to change the things I can; And the wisdom to know the difference.

**Gratitude List**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_

**Sick Man like Me Prayer:** We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

**10TH STEP TOOL: Briefly what happened (just the facts – 2 to 3 sentences at most):**

\_\_\_\_\_  
\_\_\_\_\_

**Resentment:**

Who Am I Angry With Or I Think Owes Me An Amends: \_\_\_\_\_

Who or What Caused This: \_\_\_\_\_

What Am I Not Trusting Higher Power To Provide: \_\_\_\_\_

How Is What I Am Keeping Protecting Me: \_\_\_\_\_

How Is What I Am Keeping Hurting Me: \_\_\_\_\_

**Fear:**

Who Or What Am I Scared Of: \_\_\_\_\_

Why Am I Scared Of This: \_\_\_\_\_

How Did It Affect Me: \_\_\_\_\_

How Is That Fear Protecting Me: \_\_\_\_\_

How Is That Fear Hurting Me: \_\_\_\_\_

**Self-will /Selfishness/Self Centered:**

What Am I Getting Or Not Getting That Makes Me Want To Act Out: \_\_\_\_\_

Who or What Do I Believe Is Holding Out On Me: \_\_\_\_\_

How Is Focusing On Myself & My Needs Affecting Me: \_\_\_\_\_

How Has Focusing On Myself & My Needs Protected Me: \_\_\_\_\_

How Has Focusing On Myself & My Needs Hurt Me: \_\_\_\_\_

**Lies:**

What Is The Lie I Say To Myself or Hear That I Am Willing To Believe: \_\_\_\_\_

Who Started This Lie: \_\_\_\_\_

How Does That Lie Affect Me: \_\_\_\_\_

How Is Believing This Lie Protecting Me: \_\_\_\_\_

How Is Believing This Lie Hurt Me: \_\_\_\_\_

*Looking back at today's inventory in black and white. Be grateful that we were given today and ask God to show you how you can be of better service to those you come into contact with.*

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**Resolutely turn your thought to someone you can help.** \_\_\_\_\_