

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

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

Things Involving My Job

Things Involving Others

Things involving my recovery

Gods Plan for this morning

Gods Plan for after lunch

Gods Plan for this evening

Gods Plan for tonight

Planned Daily Review Time _____

Planned Bed Time _____

AT THE END OF THE DAY SOME QUESTIONS WE SHOULD PONDER.

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?

Look 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.

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.

Date _____

SERENITY PRAYER

God grant me the serenity To accept the things I cannot change; **C**ourage to change the things I can; **A**nd wisdom to know the difference.

GRATITUDE’S AND THEIR MOTIVES

1 _____ _____	4 _____ _____	7 _____ _____
2 _____ _____	5 _____ _____	8 _____ _____
3 _____ _____	6 _____ _____	9 _____ _____

SET ASIDE PRAYER Dear God, please set aside everything I think I know about myself, this book, my disease, these steps, and especially about you dear God so that I might have an open mind And a new experience with all these things. Please help me to see the truth in the inventory I am just about to take.

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: _____

3RD STEP PRAYER My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding

Resolutely turn your thought to someone you can help. _____