

STEP 11 : Instructions for REVIEWING OUR DAY

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Was I resentful today? Yes or No

- If yes, How?

Was I selfish today? Yes or No

- If yes, How?

Was I dishonest today? Yes or No

- If yes, How?

Was I afraid today? Yes or No

- If yes, How?

Do I owe an apology? Yes or No

- If yes, to whom? Why?

Have I kept something to myself which should be discussed with another person? Yes or No

- If yes, what?

Was I kind and loving towards all? Yes or No

- What could I have done better?

Was I thinking of myself most of the time? Yes or No

Was I thinking what I could do for others? Yes or No

Was I thinking of what I could pack into the stream of life? (*Alternate: Was I being useful to others? Was I contributing or taking? Yes or No*)

PRAYER

God, if I have been frightened, irresponsible, inconsiderate, dishonest, selfish, self-seeking or judgmental, please help me be courageous, responsible, considerate, honest, giving, humble and accepting (or: tolerant, compassionate, patient and forgiving with love and good-will towards my fellow man) --- So I might be more useful to you and to others. Please guide me to correct being (defect) to/with _____ . What should I do to correct this?

DAILY INVENTORY

When we retire at night,
we constructively review our day.
Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF-WILL

PERSONALITY CHARACTERISTICS OF GOD'S WILL

- | | | | |
|--------------------------|--------------------------|--------------------------|-----------------------------|
| SELFISH AND SELF SEEKING | <input type="checkbox"/> | <input type="checkbox"/> | INTEREST IN OTHERS |
| DISHONESTY | <input type="checkbox"/> | <input type="checkbox"/> | HONESTY |
| FRIGHTENED | <input type="checkbox"/> | <input type="checkbox"/> | COURAGE |
| INCONSIDERATE | <input type="checkbox"/> | <input type="checkbox"/> | CONSIDERATE |
| PRIDE | <input type="checkbox"/> | <input type="checkbox"/> | HUMILITY-SEEKING GOD'S WILL |
| GREEDY | <input type="checkbox"/> | <input type="checkbox"/> | GIVING OR SHARING |
| LUSTFUL | <input type="checkbox"/> | <input type="checkbox"/> | WHAT CAN WE DO FOR OTHERS |
| ANGER | <input type="checkbox"/> | <input type="checkbox"/> | CALM |
| ENVY | <input type="checkbox"/> | <input type="checkbox"/> | GRATEFUL |
| SLOTH | <input type="checkbox"/> | <input type="checkbox"/> | TAKE ACTION |
| GLUTTONY | <input type="checkbox"/> | <input type="checkbox"/> | MODERATION |
| IMPATIENT | <input type="checkbox"/> | <input type="checkbox"/> | PATIENCE |
| INTOLERANT | <input type="checkbox"/> | <input type="checkbox"/> | TOLERANCE |
| RESENTMENT | <input type="checkbox"/> | <input type="checkbox"/> | FORGIVENESS |
| HATE | <input type="checkbox"/> | <input type="checkbox"/> | LOVE-CONCERN FOR OTHERS |
| HARMFUL ACTS | <input type="checkbox"/> | <input type="checkbox"/> | GOOD DEEDS |
| SELF-PITY | <input type="checkbox"/> | <input type="checkbox"/> | SELF-FORGETFULNESS |
| SELF-JUSTIFICATION | <input type="checkbox"/> | <input type="checkbox"/> | HUMILITY-SEEK GOD'S WILL |
| SELF-IMPORTANCE | <input type="checkbox"/> | <input type="checkbox"/> | MODESTY |
| SELF-CONDEMNATION | <input type="checkbox"/> | <input type="checkbox"/> | SELF-FORGIVENESS |
| SUSPICION | <input type="checkbox"/> | <input type="checkbox"/> | TRUST |
| DOUBT | <input type="checkbox"/> | <input type="checkbox"/> | FAITH |