

11th STEP DAILY REVIEW of PAGES 86 thru 88

Date: ____ / ____ / ____

<u>WHEN WE RETIRE at NIGHT [86:1]</u>	<u>IF SO, HOW:</u>
1. Was I resentful? (if so, do 5 column inventory)	
2. Was I selfish (i.e. egotistical, self-seeking)?	
3. Was I dishonest?	
4. Was I afraid?	
5. Do I owe an apology?	
6. Have I kept something to myself which should be discussed with another person?	
7. Was I unkind (i.e. cruel, harsh, unfeeling)?	
8. Was I unloving (i.e. cold, unresponsive, indifferent)?	
9. What could I have done better?	
10. Was I thinking of myself most of the time?	
11. Was I thinking of what I could do for others?	
12. Was I thinking what I could pack into the stream of life?	

After making our review: WE ASK GOD'S FORGIVENESS & INQUIRE WHAT CORRECTIVE MEASURES SHOULD BE TAKEN (tomorrow)

ON AWAKENING:

1) **Say the following prayer ASAP upon waking** : “As I consider my plans for the day, (starting first with last night’s amends) - “ I ask God that my thinking be divorced from self-pity, dishonest or self-seeking motives. I will strive for Absolute Purity, Honesty, Unselfishness and Love by practicing Tolerance, Compassion, Patience, Humility, Forgiveness, Love and Good Will, I can then utilize my thoughts and actions to better serve Thee and my fellow-man. If I face indecision, I will ask God to guide me to inspiration. I will relax, take it easy and not struggle. I WILL let those right answers come more as intuitive thoughts or decisions as time goes on.”

I conclude by asking “*for the Strength, Courage, Acceptance and Love to do God’s will, not mine, as I go through the day and face indecision.. I will sit quietly and wait for direction.*” (Tip: Use a 3 x 5 index card or personal organizer to write down what comes to you in your meditation. Carry it with you throughout the day. As you complete tasks, cross them off. Each time you look at the list contemplate about any non-task oriented items like “be more patient with” or “practice more consideration with.....”.)

God’s Will for Me Today (EXAMPLE)
- Apologize to co-worker for dominating meeting
- Call Aunt in hospital to offer support
- Pick up flowers for my wife
- Practice the presence of God throughout the day
- Sign up for weekend retreat
- Reach out to Bob Smith
- Be more patient with my child

2) Other suggestions [87:2]

- Ask friends or wives to join us in a Guided Morning Meditation
- Attend to any morning devotions required by our particular faith
- Select and memorize a few set prayers that emphasize these principles
- Read one of the many helpful books available

3) **P.A.R.S.** : “As I go through the day, I will **P**AUSE, when agitated or doubtful, and **A**SK for the right thought or action - constantly **R**EMINDING myself I am no longer running the show, humbly **S**AYING to myself many times each day “***Thy will be done.*** I will step back and let God discipline me in this way.”