

Tenth Step Inventory

What did I do today? Who did I help?

What am I grateful for today?

How was I selfish?

How was I dishonest?

How was I resentful?

How was I afraid?

What could I have done better?

Reflections On The Day

What did I bring to the table?

What did I take from the table?

Many of us have found it helpful to end our day with a prayer—always thanking God for keeping us sober today...