

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 corrective actions and 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. That as I go through the day and face indecision, I will pause, sitting quietly for direction.””

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

ALL THROUGH the DAY We Pray:

- 1) That we be shown what our next step is to be
- 2) That we be given whatever we need to take care of such problems
- 3) Especially for freedom from self-will
- 4) That we be careful not to make a request for ourselves only
- 5) We may ask for ourselves, if others will be helped
- 6) Never ask for our own selfish ends

P.A.R.S. : “As I go through the day, I will:

PAUSE, when agitated or doubtful, and

ASK for the right thought or action - constantly

REMINDING myself I am no longer running the show, humbly

SAYING to myself many times each day “**Thy will be done.**”

I will step back and let God discipline me in this way.