

10-Step Comprehensive Daily Inventory Worksheet

Name:

Date:

Complete this inventory at the end of the day, particularly if you feel uneasy or off-balance. If you run out of space in any section, continue on the back or attach additional paper.

Step 1: Resentment Check

Was I resentful today?

1. Who or what triggered this?

2. Action to resolve or let go:

Step 2: Selfishness Audit

Was I selfish today?

1. In what ways?

2. Plan for improvement:

Step 3: Dishonesty Detector

Was I dishonest today?

1. Instances:

2. How will I correct this?

Step 4: Fear Factor

Was I fearful today?

1. What scared me?

2. How can I address this fear?

Step 5: Obsession Identification

Am I obsessing over something?

1. What is it?

2. Steps to manage:

Step 6: Kindness & Love Gauge

Was I kind and loving toward everyone today?

1. If not, who did I mistreat?

2. Plan for making amends:

Step 7: Physical Well-being Check

Did I take care of my physical health?

1. Exercise, Nutrition, Rest

2. Plan for tomorrow:

Step 8: Sober Action Checklist

Did I engage in recovery-related activities?

1. Service, Literature, Meditation, Fellowship, Sponsor calls, Meetings

Step 9: Secrets and Apologies

Am I holding onto secrets or do I owe any apologies?

1. Secrets:

2. Apologies:

Step 10: Planning for Tomorrow

What are my plans for tomorrow?

1. Detailed plan including recovery activities and self-improvement goals: