

AA Step 10: Daily Inventory Worksheet

Name:

Date:

Complete this worksheet at the end of each day, particularly if you feel uneasy or out of balance. If you run out of space in any section, please use the back of the sheet or attach additional paper.

Step 1: Resentment Check

Was I resentful today?

Yes

No

1. Who or what triggered this resentment?

2. Action to resolve or let go:

Step 2: Selfishness Audit

Was I selfish today?

Yes

No

1. In what ways was I selfish?

2. Plan for improvement:

Step 3: Dishonesty Detector

Was I dishonest today?

Yes

No

1. Instances of dishonesty:

2. How will I correct this?

Step 4: Fear Factor

Was I fearful today?

Yes

No

1. What scared me?

2. How can I address this fear?

Step 5: Obsession Identification

Am I obsessing over something?

Yes

No

1. What is it?

2. Steps to manage:

Step 6: Kindness & Love Gauge

Was I kind and loving toward everyone today?

Yes

No

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 today?

Yes

No

1. Exercise, Nutrition, Rest:

2. Plan for tomorrow:

Step 8: Recovery Actions Checklist

Did I engage in recovery-related activities today?

Yes

No

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

Step 9: Secrets and Apologies

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

Yes

No

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:**

You can print this worksheet or save a digital copy for daily use. Take your time to honestly assess your day, recognizing that this self-awareness is a key part of your recovery journey.