

A Day in the Life:

Who are you?

What is going on?

What have you learned?

What do you understand differently?

What does this journey of sobriety mean today?

What are the activities during the day that you think you did well?

What are the activities during the day that you think you might have done better?

What are the tasks completed though the day that make you feel good?

What stuff did you do that makes you feel like a no-good person?

What stuff happened to you throughout the day?

What could have been done better?

What would God say about it?

What amends are needed?

What went on today?

Who are you?

A Day in the Life:

Who are you?

What is going on?

What have you learned?

What do you understand differently?

What does this journey of sobriety mean today?

What are the activities during the day that you think you did well?

What are the activities during the day that you think you might have done better?

What are the tasks completed though the day that make you feel good?

What stuff did you do that makes you feel like a no-good person?

What stuff happened to you throughout the day?

What could have been done better?

What would God say about it?

What amends are needed?

What went on today?

Who are you?

Have I prayed to God today?

Have I thanked God today for my gifts?

Have I shown any gratitude today?

Did I take the Name of God in vain?

Did I curse or use foul language?

Did I miss any meetings that I should have attended?

Was I late to any meetings or functions I attended today?

**Did I disobey any rules/code of conduct? Facility? Employer?
Lawful superiors?**

Did I hate or quarrel or desire revenge?

Did I refuse to forgive?

Was I disrespectful to any person, place or thing?

Did I drink? Take illegal drugs? Abuse prescription drugs?

Did I steal or damage another's property?

Have I been honest in my business relations?

Did I tell any lies?

Did I participate in gossip?

Did I pass judgment on anyone without facts?

Do I envy or am jealous of anyone?

Prayer:

God, I am heartily sorry for having offended you and I detest all of my sins because I dread the loss of your faith and trust in me. I know that you are ALL Loving, ALL Caring, ALL forgiving, ALL understanding and are deserving of my love. Only by your Grace and Mercy I confess to you my shortcomings and will attempt to amend my life. Amen

Have I prayed to God today?

Have I thanked God today for my gifts?

Have I shown any gratitude today?

Did I take the Name of God in vain?

Did I curse or use foul language?

Did I miss any meetings that I should have attended?

Was I late to any meetings or functions I attended today?

**Did I disobey any rules/code of conduct? Facility? Employer?
Lawful superiors?**

Did I hate or quarrel or desire revenge?

Did I refuse to forgive?

Was I disrespectful to any person, place or thing?

Did I drink? Take illegal drugs? Abuse prescription drugs?

Did I steal or damage another's property?

Have I been honest in my business relations?

Did I tell any lies?

Did I participate in gossip?

Did I pass judgment on anyone without facts?

Do I envy or am jealous of anyone?

Prayer:

God, I am heartily sorry for having offended you and I detest all of my sins because I dread the loss of your faith and trust in me. I know that you are ALL Loving, ALL Caring, ALL forgiving, ALL understanding and are deserving of my love. Only by your Grace and Mercy I confess to you my shortcomings and will attempt to amend my life. Amen