

Daily 10th Step Inventory
(10 questions from page 86 of the Big Book)

1. Was I resentful? _____

2. Was I selfish? _____

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 at once? _____

7. Was I kind and loving toward all? _____

8. What could I have done better? _____

9. Was I thinking of myself most of the time? _____

10. Was I thinking of what I could do for others or was I thinking of what I could pack into the stream of life? _____

(In other words; was I thinking of what I could give, instead of what I could get?)

In addition:

- A. Was I of service to my personal well-being/health (self-care)? _____
- B. Did I pray and meditate today? _____
- C. Three things I'm grateful for today:
 1. _____
 2. _____
 3. _____

Evening prayer: (silently)

God, please forgive me and tell me what corrective measures should be taken.