

10th Step INVENTORY

Complete this inventory at the end of any day, especially if you don't feel right.
If you run out of space in any box, continue on other side.

Was I...	
RESENTFUL? Of who? 	SELFISH? How?
DISHONEST? How? 	FEARFUL? Of what?
Am I obsessing about anything? 	Am I keeping any secrets?
Did I cause any harm? Do I owe any apologies? 	Was I kind and loving toward all? What could I have done better?
SOBER ACTIONS CHECKLIST <input type="checkbox"/> Did I go to a meeting? <input type="checkbox"/> Did I pray? <input type="checkbox"/> Did I call my sponsor? <input type="checkbox"/> Did I call another alcoholic? <input type="checkbox"/> Did I help anyone? <input type="checkbox"/> Did I do service? <input type="checkbox"/> Did I meditate? <input type="checkbox"/> Did I fellowship? <input type="checkbox"/> Did I read any literature?	TO-DO LIST <div>I will discuss my secrets with:</div> <div>I will apologize to:</div> <div>I will pray for relief from my obsessions and for guidance in my future actions.</div>