**Tips for Taking a Daily Inventory**

Ask yourself the following questions as you look back on each day:

* Did I have a plan for the day, and did I follow it?
* With whom did I spend most of my time?
* Where did I spend most of my time?
* What was the quality of the judgements I made today?
* Did anything threaten my sobriety today? What?
* What specific work did I do on my AA program (attending meetings, doing medications, reading AA material, or listening to it on audio takes, etc.)?
* Did I feel my attitude toward recovery was constructive today?
* Was I honest in all my dealings?
* Have I been fair in all my interactions with others? Were there situations today where I was wrong or unreasonable? Did I make amends?
* What good things happened? How did I react to them?
* Did any bad things happened? What were they? How did I react?
* What do I feel I have accomplished this day? What would I have liked to have done that I didn’t do? What would I have done differently?