Step 10
Daily Checklist

Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."

Just for today I will take my own inventory.

	S	M	T	W	T	F	S
Did I lose my temper? "God grant me the serenity"							
Was I self-centered? "Steps Six, Seven, Eight *and* Nine"							
Did I put others down? "Acceptance of others"							
Did I ask for the help I need from my Higher Power? "Let Go and Let God"							
When I was wrong, did I promptly admit it? "Courage to change the things I can"							
Did I worry or over react? "Let Go and Let God"							
Did I criticize others? "Live and Let Live"							
Am I disrespectful and did I talk back? "God grant me the wisdom..."							
Did I forget that alcoholism is a family disease which can case unpredictable behavior? "God grant me the wisdom to know the difference; Step One"							
Did I indulge in self-pity? "Everyone has problems, together we can make it; Meetings help"							
Did I blame anyone else for my actions today? "How important is it?"							
Did I work on any of my defects today? "Courage to change the things I can"							
Was I resentful today? "Third Step; Keep It Simple"							

How am I Doing?

With the following: What Program tools are helping me change?

Temper

Resentment

Fear

Criticizing others

Blaming others

Self-pity

Procrastination

Worry

Forgiveness

Talking back

Admitting when I am wrong

Selfishness

Name Calling

Asking my Higher Power for help

Working on one thing at a time

Understanding that alcoholism is a disease

Other things that I am working on changing in myself:_____