

10-Step Comprehensive Daily Inventory Worksheet

Complete this inventory at the end of the day, particularly if you feel uneasy or off-balance. If you run out of space in any section, continue on the back or attach additional paper.

STEP 1: RESENTMENT CHECK - WAS I RESENTFUL TODAY?

Was I resentful today?

☐ Yes ☐ No

Who or what triggered this?

Action to resolve or let go:

STEP 2: SELFISHNESS AUDIT - WAS I SELFISH TODAY?

Was I selfish today?

☐ Yes ☐ No

In what ways?

Plan for improvement:

STEP 3: DISHONESTY DETECTOR - WAS I DISHONEST TODAY?

Was I dishonest today?

☐ Yes ☐ No

Instances:

How will I correct this?

STEP 4: FEAR FACTOR - WAS I FEARFUL TODAY?

Was I fearful today?

☐ Yes ☐ No

What scared me?

How can I address this fear?

STEP 5: OBSESSION IDENTIFICATION - AM I OBSESSING OVER SOMETHING?

Am I obsessing over something?

☐ Yes ☐ No

What is it?

Steps to manage:

STEP 6: KINDNESS & LOVE GAUGE - WAS I KIND AND LOVING TOWARD EVERYONE TODAY?

Was I kind and loving toward everyone today?

☐ Yes ☐ No

If not, who did I mistreat?

Plan for making amends:

STEP 7: PHYSICAL WELL-BEING CHECK - DID I TAKE CARE OF MY PHYSICAL HEALTH?

Did I take care of my physical health?

☐ Yes ☐ No

Exercise, Nutrition, Rest

Plan for tomorrow:

STEP 8: SOBER ACTION CHECKLIST - DID I ENGAGE IN RECOVERY-RELATED ACTIVITIES?

Did I engage in recovery-related activities?

☐ Yes ☐ No

Service, Literature, Meditation, Fellowship, Sponsor calls, Meetings

STEP 9: SECRETS AND APOLOGIES - AM I HOLDING ONTO SECRETS OR DO I OWE ANY APOLOGIES?

Am I holding onto secrets or do I owe any apologies?

☐ Yes ☐ No

Secrets:

Apologies:

STEP 10: PLANNING FOR TOMORROW - WHAT ARE MY PLANS FOR TOMORROW?

What are my plans for tomorrow?

Detailed plan including recovery activities and self-improvement goals: