

10-Step Comprehensive Daily Inventory Worksheet

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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?

Yes

No

Who or what triggered this?

Action to resolve or let go:

Step 2: Selfishness Audit - Was I selfish today?

Yes

No

In what ways?

Plan for improvement:

Step 3: Dishonesty Detector - Was I dishonest today?

Yes

No

Step 6: Kindness & Love Gauge - 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?

Yes

No

Exercise, Nutrition, Rest

Apologies:

Step 10: Planning for Tomorrow - What are my plans for tomorrow?

Detailed plan including recovery activities and self-improvement goals:
