

Daily Inventory: Instructions

(STEP 10, PAGE 88 IN 12 & 12)

WHEN WE RETIRE AT NIGHT,
WE CONSTRUCTIVELY REVIEW OUR DAY.
WERE WE RESENTFUL, SELFISH, DISHONEST OR AFRAID?

The Daily Inventory is very valuable in keeping track of how you're doing each day. The purpose is to review whether you are acting under God's will, which shows as **Assets** – or under your will, which shows as **Liabilities**.

Each day, go down the list, and look at each pair of choices. For example, the first listing is **Anger** vs. **Calm**. If you got angry, put an "x" or a minus sign "-" next to **Anger**. If you did not, but were **Calm** instead, put a plus sign "+" next to **Calm**.

Next, look at the following pair of choices: **Criticizing** vs. **Look for the good**. Again, review your day, and make your marks.

Continue this through the entire list. Do it every day. When you come to the end of a month, you'll see patterns of marks that will show you how you're doing. If you see a lot of negative marks under **Intolerance**, for example, you'll know that this is an area you need to pay special attention to.

Save these inventories, and you'll be able to see how you are improving or slipping back over the months. You'll also be able to tell each day when you are having specific problems, and will be able to focus on them.

Also pay attention to the **Assets** that you are marking. You may have thought of yourself as being a bad person, but you'll find that there are often days when you are marking quite a few things on the **Assets** side of the balance sheet. This shows the progress that you are making, and is a reminder that we all have a chance to live in God's will and gain the happiness that comes from it.

Some definitions:

False pride: mark this when you have been bragging or exaggerating, playing up stories about yourself that you know are not true.

Gluttony: mark this when you have eaten too much, played too much, done anything that you enjoy to the level of excess. Moderation is what we strive for. Our drug of choice should no longer be "more."

Lustful: mark this when your desires get out of hand. A healthy sexual appetite is fine, but obsession with sex is not. And bear in mind that lust can apply to more than sex. An obsession with possessing something can also fit in here.

Procrastination: mark this when you are putting things off that you know you should be doing. This could be an amends that you know you should make, but are avoiding. It could also be the finishing of your Fourth Step, or making an appointment with your sponsor for your Fifth Step.

Vulgar, immoral, trashy thinking: mark this when you are beyond being lustful, but are not only obsessed with sex but taking some action to perpetuate your thinking in this area.

Self-forgiveness vs. **Self-forgetfulness:** these two assets can be confused. Mark **Self-forgiveness** when you could have been condemning yourself for your actions but did not. Mark **Self-forgetfulness** when you could have been focusing on how badly things have gone for you, but instead you focused elsewhere. Of course, the best place you can focus is on how you can help someone else.