

Prayer: "God, please help me review my day. Please grant me the willingness to see what you would have me see, in the light you would have me see it; free from morbid reflection, fear, obsessive guilt and dishonesty." ES&F 2016

<p><b>Gratitude:</b> What am I grateful for today?  <b>Growth:</b> What did I do today that I feel proud of <b>OR</b> which shows a <b>good quality</b> about myself?  <b>Good:</b> What good did I experience or witness today?  <b>Giving:</b> What did I do for others today?  Was I willing to inconvenience myself to help another person today?  Was I willing to let others' needs be satisfied before my wants?  Did I help another person without waiting to be asked?  <b>Glitches:</b> What did not go well today? List  <b>Gains from Glitches:</b> What did I gain from the glitch?  What did this situation help me to appreciate?  <b>Goals:</b> What are my goals for tomorrow?</p>	<p>Today, was I resentful, selfish, dishonest, or afraid (of losing what I have, not getting what I want, of being found out)? Was I inconsiderate? Was I kind and loving towards all? Do I owe an apology? What did I do for others today? What did others do for me? Have I kept something to myself which should be discussed at once? What could I have done better? What did I do well?  After making your review: "God, please forgive me and tell me what corrective measures should be taken."</p>
<p>How have I been honest, respectful and authentic?  How have I been loving, joyous and compassionate?  How I have been courageous, persevering and determined?  How have I been humble, grateful and selfless?  How have I been tolerant, accepting and patient?  How have I been understanding, wise and intuitive?</p>	<p>Was I resentful? Describe:  Was I selfish, self-seeking, dishonest, afraid, prideful, jealous, envious or lazy?  Did my selfishness, self-seeking, dishonesty, fear, pride, jealousy, envy, laziness harm another person?  Am I willing to forgive the person towards whom I am feeling resentful?  Am I willing, with prayer to forgive the person?  If I am unable to change the present state of affairs, am I willing to take the measures necessary to shape my life to conditions as they are?  Do I owe an amends?  If so, am I willing to make amends for the harms that I have done?  Was I afraid?  Am I willing to turn over my fears and have faith in God?  Am I willing to have God removed the defects of character? (Be specific.)  Am I willing to do God's will? Identify assets to strive for i.e. humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc. (Commit Step 6 &amp; 7. Say 7th step prayer.)  Conclude with prayer: today I thank God for:  Be of service.</p>
<p>Where am I in this present moment? Can I identify, honestly, my true emotions and current mental state?  What is it that I want? What are my motivations?  Are my motivations in alignment with my spiritual values and principles?  How can I be useful and participate effectively in the world around me? How can I best express myself?</p>	<p>God, I take this time to become quiet and pray for _____. I pray for _____ to have all that I wish for myself: good health, a loving family, protection over (his/her) loved ones, peaceful moments and the inner knowing that (he/she) is good and enough. I pray that you help me change my thinking about _____, and become more grateful to (him/her) for coming into my life as a teacher, to help me grow closer to You, God, and thus enlarge my spiritual life.</p>
<p>1. Why am I here? Take a moment to re-examine what you are living for. What are your goals and is your day planned out in a way to support those goals?  2. What am I grateful for? List three new things each day that you appreciate in your life. This gratitude inventory creates a positive trajectory for the day.  3. What can I learn from yesterday's mistakes? And how can you prevent yourself from repeating them?  4. Who can I help today? Plan some small, specific action that will assist a family member, friend or colleague  5. What challenge should I expect to confront today? And how can I handle it in a positive way?  6. How can I connect to God today? What concrete action can you do today to build your relationship with God?</p>	<p>Please help me to remember that:  "Just like me, _____ is seeking some happiness for (his/her) life." "Just like me, _____ is trying to avoid suffering in (his/her) life." "Just like me, _____ has known sadness, loneliness and despair." "Just like me, _____ is seeking to fulfill (his/her) needs." "Just like me, _____ is learning about life." G-d, please bless _____ with peace, good health, security and prosperity.  G-d, bless _____, change me.</p>
<p>God, please give me an intuitive thought or decision to help me with this problem. Help me know what I should do and keep me mindful, that You are running the show. Free me from my bondage of self. Thy will be done always. Amen." (From the thoughts on pg. 86)</p>	

"God, please set aside everything that we think we know about ourselves, the book, sobriety, the 12 Steps, and you God. God, please help each and every one of us to have an open mind so we may have a new experience, and discover the truth." 7/24/16