

"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 7-24-2016)

Gratitude: What am I grateful for today?
Growth: What did I do today that I feel proud of **OR** which shows a **good quality** about myself?
Good: What good did I experience or witness today?
Giving: 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?
Glitches: What did not go well today? List
Gains from Glitches: What did you gain from the glitch? What did this situation help you to appreciate?
Goals: What are my goals for tomorrow?
 Where am I heading in terms of achieving my goals?

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? Did I silently grant forgiveness when I felt hurt, as I would want to be forgiven by others? Do I owe an apology? Did I make immediate and direct amends when or if I hurt anyone or their feelings? 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 my review: "God, please forgive me and tell me what corrective measures should be taken." After seeking God's help, did I then turn my thoughts to someone I could help?

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?
 Are you willing to forgive the person towards whom you are feeling resentful?
 Are you willing, with prayer to forgive the person?
 If you are unable to change the present state of affairs, are you willing to take the measures necessary to shape your 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 remove these 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. (Say Step 6 & 7. Say 7th step prayer.)
 Conclude with prayer. Today I thank God for:
 Be of service.

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.
 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.
 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)

A 4th Step Resentment Prayer:
 "God, please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend. Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done."(67:0)

"God, I realize that the people who wronged me are perhaps spiritually blocked people. I ask you to help me show them the same tolerance, pity, and patience that I would cheerfully grant a sick friend. Please show me how to be helpful to those I resent, and save me from my anger. Show me where I have been selfish, self-seeking, dishonest or fear-based, thus causing my own trouble, and relieve me of the notion that I have to retaliate or that I am a victim."
 ·Dear God, Please help me. Lord please remove my anger, resentments and fear. Please replace them with gratitude for what I do have, patience in knowing that You have a plan for my life, faithfulness in the fact that You love me and want the best for me and trust in You, that you will always provide what I need If I keep close to you and perform your works well. Amen.

God, please set aside everything I think I know about myself, The Steps, the Big Book, sobriety, and you. Please help me to have an open mind so I may have a new experience and discover the truth.