"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)

Growth: What did I do today that I feel proud of OR which shows a good quality about mysel?		
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 thenneeds." "Just like me, is learning about li G-d, please bless with peace, good hea security and prosperity. G-d, bless, change me. God, please give me an intuitive thought or decision help me with this problem. Help me know what I should do and keep me mindful, that You are runn the show. Free me from my bondage of self. Thy w done always. Amen." (From the thoughts on pg. 8)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 thenA 4th Step Resentment Prayer:	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?	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)
	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	
Was I resentful? Describe:Tolerance, Pity and Patience that I would cheerful grant a sick friend. Help me to see that this is a sic man. Father, please show me how I can be helpful him and save me from being angry. Lord, help me avoid retaliation or argument. I know I can't be he to all people, but at least show me how to take a k and tolerant view of each and every one. Thy will done."(67:0)	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	
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:		•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

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.