

10th Step Guidelines: Prayer, Meditation, Practice, Reflect, Review, Think

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.*

Daily: What we do to grow spiritually through prayer, meditation, reading and tools for recovery:

Did I pray? Did I ask God for inspiration, intuition and insight?
Did I meditate? Did I relax, quiet my mind and listen for the wisdom of God?
Did I practice my spiritual path?
Did I read or learn anything today to explore my spiritual life?
Have I considered my plans for the day?
Did I exercise?
Did I read literature and write?
Regarding fellowship, did I make phone calls, go to meetings, and/or talk to my sponsee(s)?
Did I do service today?
Was I abstinent?

Prayer –When I woke up today

Did I ask God to guide my thoughts and actions?
Did I ask God to help me accept the day as it is?
Did I ask God to give me whatever I need to overcome any difficulties?
Did I ask God to help me be open, honest, loving and forgiving?
Did I ask God to free me from fear, sorrow, selfishness and self-will?
Did I ask God how I could be of service to Him and others?

Spot Check: What we do throughout the day to maintain inner peace and conscious contact with God:

When faced with indecision, do I ask God for inspiration, intuition, and insight?
Am I careful not to drift into worry, regret or depression?
Am I resentful? Am I selfish? Am I dishonest? Am I afraid?
When these come up, do I pause and take a moment to reconnect with God? Do I ask God at once to remove them?
Do I call my sponsor or someone in the program and share my feelings?
Do I silently grant forgiveness if I feel hurt, as I would want to be forgiven by others?
Do I make immediate and direct amends when or if I hurt someone in any way?
After seeking God's help, do I then turn my thoughts to someone I could help?

Night: Reflect and constructively review my day -- Am I giving, or focusing on getting?

Was I resentful? Was I selfish? Was I dishonest? Was I afraid? Did I cause any harm?
Do I owe an apology? Did I keep a secret? Was there something that I should have discussed with another person? Was I thinking about myself most of the time? Is my food or quantity of food getting sloppy?
Giving: What did I do for others?
Was I kind and loving towards all?
If my feelings were hurt today, did I forgive?
Glitches: Was there something I could have done better?
Gains from glitches: What did I learn from this?
Did I ask God's forgiveness?
Did I ask God to remove my character defect(s)? What corrective measures should I take?
Growth: What did I do well?
Good: What did others do for me?
Gratitude: What am I grateful for today? List 5 gratitudes.
Goals: What are my goals for tomorrow?

Pray: Before going to bed:

Ask God to forgive you and know that you are forgiven.
Ask God for inspiration and know that wisdom will come to you.
Sleep well in the knowledge that everything will work out perfectly.