

Lesson 20: Daily Inventory

Lesson 20 is about our Daily Inventory.

Step 10 “We continued to take a personal inventory when we were, wrong promptly admitted it. It does not say daily, but rather it says when we were wrong. (We will talk more about that later) The principal is to reserve a daily time with God for self-examination, and prayer in order to know God and His will for my life and to gain the power to follow His will. So I consider of self examination that an inventory fits right in....more... (Click here for complete Lesson notes)

I noticed that neither the principal nor the step calls for written work. To recap on why CR suggests that we write it down:

1. When I write down the things I owe amends for I can start to see patterns or triggers, I can see the “exact nature” of my wrongs and ask for God to remove those shortcomings
2. If I write down my amends, it gives me something to cross off as I complete them.
3. In addition writing, writing has a way of helping us process things and remember them better. It is a positive action. There are studies that show people who keep a food journal have a greater success rate at changing their eating habits.
4. Writing is a powerful way of zeroing in on issues and problems. Especially if I limit myself to “I” statements and try to narrow it down to 15 words or less.

Getting Started

Some of you may have had trouble getting started writing in your journal.

1. If you are journaling at the end of the day start off by writing down just one thing that happened that particular day for which you are thankful. Just one thing can get you started, and it will also help you sleep better that night. The first thing you can write down is: *I wrote in my journal.*
2. Ask your accountability partner/sponsor to hold you accountable for writing in your journal each night.
3. set aside a time and a place for journaling. For me that is the morning as I sit down to eat my cereal I read a short devotional or (which is just a little lesson in my Life Recovery Bible) I pray about it, and I write. This helps me start the ball rolling.
 1. 4. those with attention problems, distractible, or hyper focusers, use a timer to give yourself a limit

2. 5. You can use a journal, or a spiral notebook, the key is that you can review your inventory and see it chronologically. It doesn't have to be in paragraph form, you can use charts graphs, cartoons... list. This is not graded!

Daily ask yourself any of these questions to prompt your writing, starting each question with the word "today":

- How did I show *love* to others? Did I act in an unloving way toward anyone?
- Did others see in me the *joy* of having a personal relationship with the Lord? If not, why not?
- How was my serenity, my *peace*? Did anything happen that caused me to lose it? What was my part in it?
- Was I *patient*? What caused me to lose my patience? Do I owe anyone amends?
- Would anyone say that I was *kind/good*? In what ways did I act unkind?
- How was my *faithfulness*? Did I keep my word with everyone?
- How was my *gentleness* and *self-control*? Did I lose my temper; speak a harsh or unkind word to someone?

I tend meet people and try to control how they see ME, control my reactions, as we work Step 10 and Principle 7; we begin the journey of applying what we have discovered in the first nine steps. I Now I can start getting out of denial (what did I actually do or not do) I look at my specifically not globally. We start to take action—positive action—instead of constant *reaction*.

In Principle 7 I go God every morning and ask him to walk before me...so daily in our Instead of attempting to be in control of every situation and every person we come in contact with, or spinning out of control ourselves, we are starting to exhibit self-control, the way God want us to be. Remember "self under control" is what we are seeking. Self under *God's* control is what we are striving for.

Do an Ongoing Inventory

We can keep an ongoing inventory throughout the day. The best time to admit we are wrong is the exact time that we are made aware of it. Why wait?

Do a Daily Inventory

That brings up balance: An inventory needs to be balanced. Sure we are writing about how we harmed someone or when we acted out, when we were fearful, or angry. But the inventory needs to have the things that I did right throughout the day, what I am grateful for. My inventory is part of my prayer journal, so as a routine, I ask God to reveal his truth to me. It also includes thanking God for specific blessings, for what changes he has made, and for what I feel grateful for.

Do a Periodic Inventory

A periodic inventory is like a mini retreat. It is one of those things that for me unless it is planned I deprive myself of it. I have done a few and I encourage you to try it. It involves finding a quiet, relaxing place and reading through your journals. Pray as God gives you insight to the victories, and wisdom to see the weak places, and identify possible triggers. Be sure to celebrate the victories! I did this with my accountability group, and we got together afterwards to celebrate and share what God showed us.

By taking an ongoing, a daily, and a periodic inventory we can work Step 10 to the best of our abilities. With God's help we can keep our side of the street clean.

Step 10 Daily Action Plan

1. Continue to take a daily inventory, and when you are wrong, promptly make your amends.
2. Summarize the events of your day in your journal.
3. Read and memorize one of the Principle 7a verses
4. Work all steps and principles to the best of your ability.