

There is a God!
There is a solution
Good Orderly Direction:
Trust God ~ clean house ~ help others
It works ~ it really does!

1. Statement of who I am:
2. Prayer for the Day:
God, you have given me awareness, strength and power to challenge the thoughts that take me off my path of peace. Today I choose to seek your help and accept your grace. Lead me on the path of love and service
3. Food
4. 5 Gratuities:
5. Steps 6 & 7 character defects:
Grant me freedom from _____ *and replace it with* _____
Grant me freedom from _____ *and replace it with* _____
Grant me freedom from _____ *and replace it with* _____
Grant me freedom from _____ *and replace it with* _____
6. 10th step review: (see OA Journal or other formats)
RID (Restless Irritable Discontent) Level_____ Spending Level_____ Procrastination Level_____
7. OA/AA Reading
8. Writing for the Day related to reading (on reverse)
9. What's on my mind?
10. Action Plan for the Day: (If necessary assign times for each item) (on reverse)
11. Have I kept something to myself which should be discussed with another person at once?
12. In what ways did I place myself in the center of things?
13. Where did I see God today?
14. What do I like about myself?
15. Was I of service to others today? Where could I have been of service but chose not to serve? I