

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:

Here I am, just as I am, in all my strengths and limitations. I'm ready and willing to change my old patterns when the time is right. I've done the footwork and now I need your help to live differently. What can I do now to cooperate with life and be the best I can be? (or substitute a different one)

3. Food:

4. 5 Gratitudes:

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 _____

6. 10th step review: (see OA Journal or other formats)

7. RID Level (Restless, Irritable, Discontent)___ Spending Level ___ Procrastination___
(spending and procrastination are traits I have to monitor – you might have others)

8. OA/AA Reading

9. Writing for the Day (on reverse)(related to reading)

10. What's on my mind?

11. Action Plan for the Day: (If necessary assign times for each item) (on reverse)

Was I resentful?

Self-pitying?

Self-seeking?

Dishonest?

Afraid?

Do I own an apology?

Have I kept something to myself which should be discussed with another person at once?

Was I kind (thoughts) and loving (actions) toward all? Where were my thoughts negative today? How did they influence my actions?

When was I NOT in the present moment?

In what ways did I place myself in the center of things?

Was I of service to others today? Where could I have been of service but chose not to serve?

When did my actions (service for others) NOT reflect my motives (ie, What did I hope to gain? Where was I selfish?)

In every relationship, I am there . . .

Where did you see God today?

Did you encounter a difficult relationship today? Or, were you difficult today?

Did you pray for the person or situation?

Did you pause today?

Did you do Centering Prayer today?