

### DAILY INVENTORY

Upon awakening (after prayer and meditation) and when needed during the day, we ask God to take away self-will motivations and replace them with God's Will traits.

SELF-WILL	GOD'S WILL
Selfishness/Self-Seeking	Interest in Others/Altruism
Being Self-Centered	Being Love- & God-Centered
Dishonesty	Honesty
Fears	Courage/Faith & Trust in God
Being Inconsiderate	Being Considerate
Pride	Humility/Seeking God's Will
Greed	Giving and Sharing
Lustful Thoughts	Respectful Thoughts
Anger	Forgiveness & Serenity
Envy	Being Grateful
Sloth/Procrastination	Taking Right Action
Gluttony	Moderation
Impatience	Patience
Intolerance	Tolerance
Resentment	Forgiveness & Serenity
Hate	Love & Concern for Others
Harmful Acts	Good Deeds
Self-Pity	Self-Forgetfulness
Self-Justification	Humility & Truth
Self-Importance	Modesty
Self-Condernation	Self-Forgiveness
Suspicion/Jealousy	Trust
Doubt	Faith & Trust in God
Controlling/Judging Others	Acceptance

### The Seventh Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength as I go out from here to do Your bidding. Amen.

-From page 76 of the Big Book "Alcoholics Anonymous"

Also helpful, the Third Step Prayer from page 63:

God I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always.

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