

Daily Tenth Step Inventory

Was I abstinent?

Was I resentful?

Was I procrastinating?

Was I isolating?

Was I selfish?

Was I self seeking?

Was I inconsiderate?

Was I dishonest?

Am I afraid?

Do I owe an apology?

Am I hiding something that should be shared at once?

Was I kind & loving?

What could I have done better?

Have I obsessed over anything?

What did I do for others?

What have I done well?

What am I grateful for?