

DAILY 10™ STEP WORKSHEET

"...a new attitude and outlook on life." P.84 Big Book

"You feel the way you feel because you think the way you think. If you want to change the way you feel you need to change the way you think." Wilbur, 1990

Emotions, attitudes and thoughts to beware of:

Emotions, attitudes and thoughts to cultivate:

Doubt	Faith
Pride	Humility
Ingratitude	Gratitude
Self-pity	Constructive Action
Fear	Courage
Despair	Hope
Envy	Being glad for other's blessings
Bewilderment	Certainty
Frustration	Effectiveness
Gluttony	Moderation
Terror	Confidence
Anger/Resentment	Forgiveness
Restlessness	Peacefulness
Irritability	Calm
Selfishness	Unselfishness
Dishonesty	Honesty
Intolerance	Tolerance
Short tempered	Patient
Hateful	Loving
Hurtful	Helpful
Sneaky	Straight up
Aggressive	Assertive
Argumentative	Accepting
Blaming	Taking responsibility
Discontent	Content
Aimless	Anchored
Impulsive	Deliberate
What can I get?	What can I give?
Discouraging	Encouraging
Half measures	Going to any length
Victim	Capable of taking action
Sloth	Initiative
Jealousy	Trust

"...a daily reprieve contingent on the maintenance of our spiritual condition." P. 85 Big Book "...recovery...is dependent on his relationship with God." P. 99&100 Big Book

What did I do to maintain and develop my spiritual fitness today?

Did I pray and meditate?

Did I thank God for my sobriety?

Did I ask what I could do for the person who still suffers?

Did I ask to be an instrument of His will; an example of what His power and love can do?

Did I talk to God today?

Did I listen for His guidance?

Did I try to incorporate some spiritual teaching into all my decisions today?

When I became aware of a character defect did I ask God to remove it?

Did I forgive myself today?

Did I forgive someone else today?

Do I need to admit a wrong and make amends to someone?

Did I act out of Honesty, Unselfishness, Love and Purity or did character defects control my actions?
Did I try to do His work well today or did I act on self-will?
Did I try to memorize something new from the Big Book, 12X12, Bible or other source of spiritual inspiration?
What step am I working on?
What did I do for my sobriety today?
What are my motives for doing what I am doing?
Am I unclear about something, should I seek counsel?
Do I need to talk to someone about anything going on?
Did I exercise self-restraint and ask for God's guidance before responding to a person or a situation?
Did I give 100% to everything I did today?

"Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one." P80, 12X12

How did I do today as a:
Child of God?
Person in recovery?
Spouse?
Friend?
Father/Mother?
Son/Daughter?
Brother/Sister?
Nephew/Niece?
Aunt/Uncle?
Employee/Entrepreneur?
Neighbor?
Citizen?

Am I striking a good balance between all these roles?
Did I care about others, how they are doing, how they are feeling and what they are thinking?
Was I encouraging and did I bring hope to someone?
Did I listen to people to try and understand them, be friendly and genuinely concerned?
When someone criticized me or gave me a suggestion did I look to see where they were right instead of becoming defensive?
Did I respond to what they were really saying instead of what I thought they were saying?
Did I keep my issues from interfering with my communications with others?
Did I get excited about someone else's dreams, goals or day because it is important to them?
Did I try to love and see value in everyone today?
Did I treat everyone as equals, no big me little you or little me and big you?
Did I remove the words blame and but from my vocabulary?
Did I love myself today, shortcomings and all?
Did I remember that my happiness is my responsibility, not anyone else's?
Did I remember that their problems are their problems, not mine, only helping if they want help and are willing to take action?
Was I trying to create closeness or was it more important to be right?
Was I demanding what I want while not being concerned about what the other person wants or needs?
Am I involved in a power struggle in any of my relationships?
Do I feel hurt by someone and want to hurt him or her back?
Am I glossing over problems because I don't like confrontation?
Am I more concerned with my personal comfort than other people?

"Our next function is to grow in understanding and effectiveness." P. 84 Big Book

God gave each of us special gifts and abilities. Less time spent indulging in useless distractions means more time to discover our talents and become more efficient at doing God's work.

Useless Distractions:

Worry

Fear

Remorse

Fantasizing

Dwelling in the past

Devoting time to non-priority matters

How do I keep focused and moving forward?

Goals:

Are my goals written down?

Did I do my best to achieve my goals today?

If not, what interfered?

Am I well organized, is everything written down?

Did I accept things I could not change and try to change things I can?

Do I have someone to hold me accountable?

Did I love myself and do something to promote my spiritual, mental and physical health?

Am I keeping my personal environment clean and organized?

Bottom Line:

Life is for the living. Am I experiencing happy, joyous and free most of the time or am I slogging around half dead spiritually? Each new day is a bonus day I don't deserve, why not decide to rejoice in it?