

11th Step Template

DATE:

TIME:

A) When we retire at night

1) Was I or Am I

a) Resentful?

b) Selfish?

c) Dishonest?

d) Afraid?

2) Do I owe an apology?

3) Have I kept something to myself that should be discussed with another person at once?

4) Was I kind and loving towards all?

5) What could we have done better?

6) Was I thinking of myself most of the time?

7) Was I thinking of what I could do for others?

8) Was I thinking of what I could pack into the stream of life?

9) Did I or Have I drifted into

a) Worry?

b) Remorse?

c) Morbid Reflection?

10) Was my usefulness to others diminished?

11) Prayer: God, I ask for your forgiveness, what corrective measures should I take?

12) What are my plans for the next 24hrs?



B) Upon Awakening

13) Prayer: God in thinking about my day, I ask that You divorce my thinking from self-pity, dishonest, self-seeking, and wrong motives, show me what You would have me do.

14) In thinking about my day, where do I face indecision and where am I unclear about which direction to go?

15) Prayer: God, I ask for inspiration, an intuitive thought or decision. I ask for the patience to sit back, take it easy, not struggle, and relax as I go about my day, and trust the right answer will come. I ask that I be shown all through the day what my next step is to be, that I be given whatever I need to take care of such problems. I ask especially for freedom from self-will. I ask for the Power to pause when agitated or doubtful, and ask for the right thought or action. Thy will not mine be done.

16) Read an inspirational book

17) Pray a prayer I have selected or a prayer in my own words.



