

Nightly Inventory: pg 86 Big Book (Definite and Valuable Suggestion)

When we retire at night we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

*Say: Please forgive me Thy Will be Done
Dear God, what could I have done better? Wait for
answers if we did anything wrong the answers will come
quickly.....when done say Amen*

Finish with a Prayer of your choice

(Should take a few minutes maybe a little longer)