

Living the Program

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What Worked for Us: NA Daily Journal

The purpose of this daily inventory is to keep track of who we are and what we are doing today.

Try to answer every question, every day. Keep your answers as simple and as honest as you can. If you miss a day, do not make it up later.

Limit your answers and concerns to the past twenty-four hours and complete the questions at the end of the day.

If you wish to share some of this journal, we suggest that you do so verbally.

Remember that a daily inventory is not a test; there are no right or wrong answers. Do not get upset if you could have done better or if you fail to live up to your expectations of yourself. Remember, this is a program of growth and recovery and if you are clean today, you are doing something right.

Just for today, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

Am I clean today? _____

How have I acted differently? _____

Did my disease run my life today? _____

If so, how? _____

What did I do today that I wish I had not done? _____

What have I left undone that I wish I had done? _____

Was I good to myself today? _____

How? _____

Was today a good day? _____

Was I happy? _____

Was I serene? _____

Just for today I will have faith in someone in NA who believes in me and wants to help me in my recovery.

Did I talk to my sponsor today? _____

Did I attend a meeting today? _____

Where? _____

Did I share my experiences, strengths, and hopes? _____

Who are the people in my life that I trust today? _____

Who has trust in me today? _____

Just for today I will have a program; I will try to follow it to the best of my ability.

Did I read from our literature today? _____

What steps did I consciously work? _____

Did I admit my powerlessness today? _____

Was I able to put my trust in my Higher Power today? _____

What did I learn about myself today? _____

Did I make any amends today? _____

Do I owe any? _____

Did I admit fault to anyone today? _____

Did I worry about yesterday or tomorrow? _____

Can I accept myself as I am today? _____

Just for today, through NA, I will try to get a better perspective on my life.

Did I feel like I was a part of humanity today? _____

Did I allow myself to become obsessed by anything today? _____

What has God given me to be grateful for today? _____

Have I done anything to cause harm to myself or to another today? _____

If so, what? _____

Am I willing to change today? _____

Did I pray or meditate today? _____

How did this affect my life? _____

What spiritual principles have I been able to practice in my life today? _____

Was the most important thing in my life today staying clean? _____

Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and have found a new way of life. So long as I follow that way, I have nothing to fear.

Have I given of myself today without expecting anything in return? _____

Was there fear in my life today? _____

Did I feel intense joy or pain? _____

Did I call or visit someone in the program today? _____

Did I pray for the well-being of another today? _____

Was I happy today? _____

Have I been peaceful today? _____

Did I consciously remember that I have a choice today? _____

Dear God, show me what I have done right and wrong today. Show me how I can better live and serve your will tomorrow.

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