

To give them a snapshot of what is going on in your life, text the following to your Sponsor or Spiritual Advisor every day for a month:

When you get up in the morning list two things you're grateful for; one or two fears or prudent concerns (if you have anything hanging over your head today for this 24 hour period, anything you're afraid of, uncomfortable with or dreading); plans for the day (two or three things you have planned for the day, whether it's work or with your family or friends).

Then in the evening answer these questions (please be brief): have I caused any harm, am I keeping a secret (is there something I need to share with somebody else), have I been kind & loving toward all, have I been dishonest, have I acted out of fear. Then list two or three good things you did, saw or heard today (just a couple of things that felt positive today).

The daily disciplines is much more important & transformative than any information you might include.

Steve L. from Nashville TN