

## BALANCE SHEETS

Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Food		Money	
Breakfast		Item	Amount
Lunch			
Dinner			
Snack			
Exercise			
		Total Spent Today	
Litres Water	Hours Sleep	Quality of Life Today	%
When we retire at night we constructively review our day. We remember we have ceased fighting anything and anyone—love and tolerance of others is our code.			
<b>We Draw Up a Balance Sheet</b>			
<b>The "Negative Side" (-)</b>		<b>The "Positive Side" (+)</b>	
Were we resentful?		Have we stayed clean of our addiction today?	
Were we selfish?		Were we kind?	
Were we dishonest?		Were we loving toward all?	
Were we afraid?		What did we pack into life?	
Have we kept something to ourselves?		Did we pray and meditate?	
Were we thinking of ourselves most of the time?		Did we call someone we could help today?	
Were we "disturbed" today?		Did we think of how we could help others?	
Do we owe an apology? And if so to whom?		Did we study literature today?	
What could we have done better?		Did we go to a meeting today?	
Did we blame our feelings on someone else?		Did we call our sponsor today?	
Do we need to write 10 <sup>th</sup> Step on something?		Did we do anything that is improved over our past?	
Journal—Gratitude List—Tomorrows Action Plan			

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