

# DAILY CHECKLIST OF MYSELF

Indianapolis Literature Depot

Pamphlet of the Month

October 2023

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**DAILY CHECKLIST OF MYSELF**

Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."  
Just For Today I will take my own inventory.

(Days of the week)  
S M T W T F S

Did I love my tempter? "Not good for the society"						
Was I well controlled today? "Steps do, serve, Study and Write"						
Did I put others down? "Sinsplacers of others"						
Did I ask for the help I need from my Higher Power? "Let Go and Let God"						
When I was wrong, did I promptly admit it? "Choose to change the things I can"						
Did I worry or fret about? "Let Go and Let God"						
Did I criticize others? "Love and Let Live"						
Am I disrespectful and did I back back? "Not good for the wisdom..."						
Did I bring that alcoholism in a facility down on which was those responsible behavior? "Not good for the wisdom to know the difference; then die"						
Did I struggle in and pray? "Whenever two problems, together we can make it; nothing big"						
Did I listen against ideas for my actions today? "Be respectful to all"						
Did I work on any of my defects today? "Choose to change the things I can"						
Was I truthful today? "Stand firm, keep it simple"						

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**Step Ten: "Continued to take personal inventory and when we were wrong promptly admitted it."**

**Just For Today I will take my own inventory.**

The front side has a list of questions to ask daily. The back side has a list of traits and behaviors to check on, as part of a thorough Tenth Step. (Procrastination, Resentment, Self-Pity, etc.)

Do you have an idea for a "Pamphlet of the Month"? Send your idea to [indyldc@indiana-al-anon.org](mailto:indyldc@indiana-al-anon.org) Include the code number for the pamphlet, and briefly tell us about the pamphlet and/or why you like it.