

DAILY INVENTORY

Upon awakening (after prayer and meditation) and when needed during the day, we ask God to take away self-will motivations and replace them with God's Will traits.

SELF-WILL	GOD'S WILL
Selfishness/Self-Seeking	Interest in Others/Altruism
Being Self-Centered	Being Love- & God-Centered
Dishonesty	Honesty
Fears	Courage/Faith & Trust in God
Being Inconsiderate	Being Considerate
Pride	Humility/Seeking God's Will
Greed	Giving and Sharing
Lustful Thoughts	Respectful Thoughts
Anger	Forgiveness & Serenity
Envy	Being Grateful
Sloth/Procrastination	Taking Right Action
Gluttony	Moderation
Impatience	Patience
Intolerance	Tolerance
Resentment	Forgiveness & Serenity
Hate	Love & Concern for Others
Harmful Acts	Good Deeds
Self-Pity	Self-Forgetfulness
Self-Justification	Humility & Truth
Self-Importance	Modesty
Self-Condernation	Self-Forgiveness
Suspicion/Jealousy	Trust
Doubt	Faith & Trust in God
Controlling/Judging Others	Acceptance

STEP 6 EXERCISE by Lesly B. from Canada

Start with this prayer - God, help me see the truth about my defects and be willing to have them removed, in Your time.

Please do this exercise for each defect (see the list on the other side of this card), choosing one at a time, shining the Light of Truth on it by running it through these questions:

1. Write out HOW you "practice" your defect (noticing what you do, what you think, what you say, and how you act).
2. PAYOFF - What do you hope or expect to get out of doing this, or in using this character defect? What benefits do you think you'll get?
3. CONSEQUENCES - How does practicing this defect actually affect your relationship with yourself, your relationship with others, and your relationship with God?
4. How are you like the person(s) you use this defect on? Or, how do you also do what they do? (Isn't it interesting that we often see in others what we don't like about ourselves?!)
5. What would your life be like (with yourself, with others, and with God) if you did not use this defect?
6. Can you consider another way besides your own?
7. Are you willing to surrender your illusion of control that you think you get from "using" this defect?!

The Seventh Step Prayer (Big Book page 76):

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength as I go out from here to do Your bidding. Amen.

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