

My Daily Personal Inventory

Month_____ Year_____

Check Results DAILY in Proper Column

LIABILITIES

Watch for—

ASSETS

Strive for—

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Self Pity																																Self Forgetfulness
Self Justification																																Humility
Self Importance																																Modesty
Self Condemnation																																Self Valuation
Dishonesty																																Honesty
Impatience																																Patience
Hate																																LOVE
Resentment																																Forgiveness
False Pride																																Simplicity
Jealousy																																Trust
Envy																																Generosity
Laziness																																Activity
Procrastination																																Promptness
Insincerity																																Straightforwardness
Negative Thinking																																Positive Thinking
Vulgar, Immoral, Trashy Thinking																																High-Minded, Spiritual, CLEAN Thinking
Criticizing																																Look for the GOOD

Eliminate the Negative

Accentuate the Positive

CHECK THE SCORE EVERY NIGHT--TRY TO GET THE SLATE CLEAN

Original by Mark W., Jackson MS via The AA Grapevine Volume 3 Issue 1 June 1946