

An Eleventh Step Evening Review Checklist

1. Conscious Contact

- (a) Did I start my day with a conscious contact with God as I understand Him?
- (b) Did I start my day with "Please"?
- (c) Did I start my day asking for the ability to help someone else and guidance?

2. Did I try to be pleasant to everyone?

3. Did I go out of my way to be kind or to do a good deed for someone?

4. Did I demonstrate gratitude in my life?

5. Did I totally reject resentment and fear?

6. Did I resist the "PLOMS"? (Poor Little Old Me)

7. Did I indulge in _____? (Your favorite character defect)

8. Did I resist the temptation to gossip or criticize?

9. Did I have an A.A. contact today?

10. Did I renew at any time during the day my conscious contact with God as I understand Him?
(A quiet time, a meditation break)

11. Will I close my day with "Thanks"?

12. Fill in your own or another person's favorite daily aid to sobriety.