

<u>The Twelve Nightly Questions [86:1]</u>	<u>Chronology of today's events:</u>
1. How was I resentful? (if so, do 4-column inventory)	
2. How was I selfish (i.e. egotistical, self-seeking)?	
3. How was I dishonest?	
4. How was I afraid?	
5. Do I owe an apology?	<u>Who did I help today?</u>
6. What have I wrongly kept secret?	
7. Was I unkind (i.e. cruel, harsh, unfeeling)?	<u>What did I accomplish today?</u>
8. Was I unloving (i.e. cold, unresponsive, indifferent)?	
9. What could I have done better?	<u>What I am grateful for today?</u>
10. Was I thinking of myself most of the time?	
11. Was I thinking of what I could do for others?	<u>Who needs my prayers today?</u>
12. Was I thinking what I could pack into the stream of life?	

But we are careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken

We say a Prayer: "God, please forgive me for my failings today. I know that because of my failings I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better. Father, I ask that you now show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right, and grant me the humility and strength to do Thy will always. Amen."

God's will for me – What I need to do to clean up for today

God's Will for Me Today (EXAMPLE) – What I need to do to clean up for today
- Apologize to co-worker for dominating business meeting
- Make amends to secretary for lying about her raise
- Call my sponsor to tell them about pornography lapses
- Buy Net nanny software for computer and have wife choose the password
- Put down toilet seat for my wife
- Make the bed
- Empty the dishwasher
- Check 6 th sense throughout day –at meals & breaks 0900, noon ,1500 & 2000
- Sign up for weekend retreat
- Make approach for next amend card – # 36
- Pay the EX without making her ask for the check
- Reach out to Bob Smith – offer him the steps
- Pay attention- put down the paper or turn off the TV when my wife comes home
- Make a date with family for video night & let them choose the video
- Let wife hold TV controller and choose the show - positive attitude essential
- Be more patient with my son – hug him instead of yell at him
- Don't blow off my kids– not tell them I'll be there in a minute
- Cut up credit cards to stop deficit spending
- Call credit card companies to negotiate lower rate and get out of debt
- Make lawyer appointment for Will, trust, guardianship, medical power of attny
- Put a \$ in the vacation jar for every time you swear
- Offer to take mom to an Alanon meeting
- volunteer to speak for home group
- Spend 15 minutes in meditation – morning, noon and evening review
- pray for other drivers – drive in the slow lane all day as a spiritual exercise
- Volunteer to take the kids this weekend so your wife can have a day off
- Make a “special time” date with each of the kids within the next month
- Offer to do 12 questions with your wife
- Call protégé' who is having a hard time
- Read one chapter of the bible before bed
- Call Aunt in hospital to offer support
- pray for newcomer