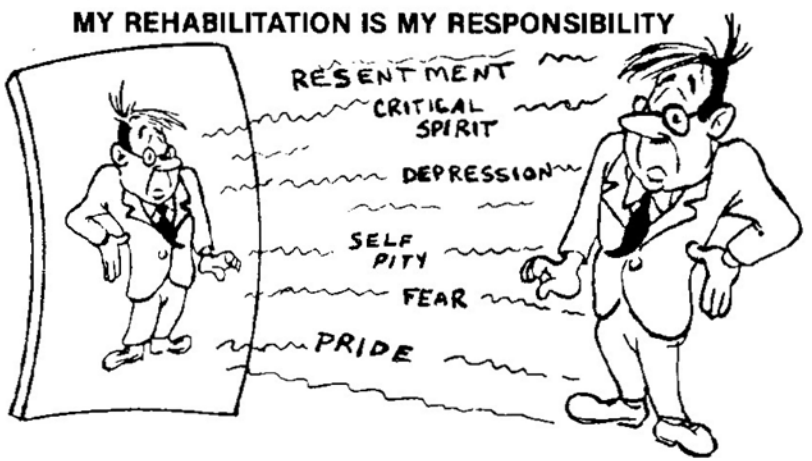
MY DAILY MORAL INVENTORY

LIABILITIES Watch for — X	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	ASSETS Strive for — ✓
Self-Pity																																Serenity
Self-Righteousness																																Humility
Self-Condemnation																																Self-Valuation
Being a Taker																																Being a Giver
Lying																																Honesty
Impatience																																Patience
Complaining																																Gratitude
Resentment																																Forgiveness
Denial																																Admittance
Worry																																Trust
Complying																																Working the Program
Projection																																Accepting Responsibility
Procrastination																																Doing Things on Time
Being Phony																																Being Real
Negative Thinking																																Positive Thinking
Vulgar, Immoral Thinking																																Clean, Spiritual Thinking
False Guilt About the Past																																Accepting Forgiveness
Gluttony																																Temperance
Head and Butt Disease																																Concentration
Forgetting God																																Communion With God

MY REHABILITATION IS MY RESPONSIBILITY



ELIMINATE THE NEGATIVE

IV. Made a searching and fearless moral inventory of ourselves.

V. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

FOR IF WE WOULD JUDGE OURSELVES . . .
WE SHOULD NOT BE JUDGED.
1 Cor. 11:31

ACCENTUATE THE POSTIVE

VI. Were entirely ready to have God remove all these defects of character.

VII. Humbly asked Him to remove our shortcomings.

X. Continued to take personal inventory and when we were wrong, promptly admitted it.