

# AA Step 10: Daily Inventory Worksheet

Name:

Date:

Complete this worksheet at the end of each day, particularly if you feel uneasy or out of balance. If you run out of space in any section, please use the back of the sheet or attach additional paper.

## Step 1: Resentment check

**Was I resentful today?**

Yes

No

**Who or what triggered this resentment?**

**Action to resolve or let go:**

## Step 2: Selfishness audit

**Was I selfish today?**

Yes

No

**In what ways was I selfish?**

**Plan for improvement:**

**Step 3: Dishonesty detector**

**Was I dishonest today?**

Yes

No

**Instances of dishonesty:**

**How will I correct this?**

**Step 4: Fear factor**

**Was I fearful today?**

Yes

No

**What scared me?**

**How can I address this fear?**

### Step 5: Obsession identification

Am I obsessing over something?

- Yes
- No

What is it?

Steps to manage:

### Step 6: Kindness & love gauge

Was I kind and loving toward everyone today?

- Yes
- No

If not, who did I mistreat?

Plan for making amends:

### Step 7: Physical well-being check

Did I take care of my physical health today?

- Yes
- No

**Exercise, nutrition, rest:**

**Plan for tomorrow:**

**Step 8: Recovery actions checklist**

**Did I engage in recovery-related activities today?**

Yes

No

**Service, literature, meditation, fellowship, sponsor calls, meetings:**

**Step 9: Secrets and apologies**

**Am I holding onto any secrets or do I owe any apologies?**

Yes

No

**Secrets:**

**Apologies:**

## Step 10: Planning for tomorrow

### What are my plans for tomorrow?

Detailed plan including recovery activities and self-improvement goals: