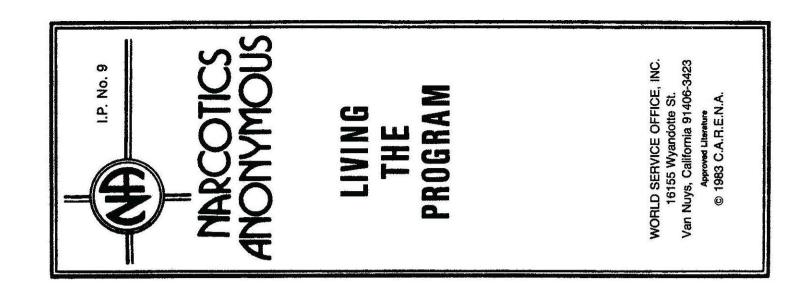
JUST FOR TODAY through N.A. I will try to get a better perspective on my life.

will tomorrow.
Dear God, show me what I have done right and wrong today. Show me how I can better live and serve Thy
Did I consciously remember that I have a choice today?
Was I happy today? Have I been peaceful today?
Did I pray for the well-being of another today?
Did I call or visit someone in the Program today?
Did I feel intense joy or pain?
Was there fear in my life today?
Have I given of myself today without expecting anything in return?
JUST FOR TODAY I will be unafraid; my thoughts will be on my new associations - people who are nousing and have found a new way of life. So long as I follow this way, I have nothing to fear.
Was the important thing in my life today staying clean?
What spiritual principles have I been able to practice in my life today?
Did I pray or meditate today? How did this affect my life?
Am I willing to change today?
if so what?
Have I done anything to cause harm to myself or another today?
What has God given me to be grateful for today?
Did I allow myself to become obsessed by anything today?
Did I feel like I was a part of humanity today?

NOTES



LIVING THE PROGRAM

What Worked For Us: NA Daily Journal

The purpose of this daily inventory is to keep track of WHO WE ARE and WHAT WE ARE DOING -- today.

Try to answer every question, every day. Keep your answers as simple and as honest as you can. If you miss a day, do not make it up later.

Limit your answers and concerns to the past twenty-four hours and complete the questions at the end of the day.

If you wish to share some of this journal, we suggest that you do so verbally.

Remember that a daily inventory is not a test; there are no right or wrong answers. Do not get upset if you could have done better or if you fail to live up to your expectations of yourself. Remember, this is a program of growth and recovery and if you are clean today, you are doing something right.

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drug	
Am I clean today?	
now have I acted differently?	
Did my disease run my life today? If	so, how?
What did I do today that I wish I had not done	?
What have I left undone that I wish I had done	?
Was I good to myself today? How?_	
Was today a good day?Was I happy	/?Was I serene?
JUST FOR TODAY I will have faith in someone recovery.	in N.A. who believes in me and wants to help me in my
Did I talk to my sponsor today?	e?
Did I share my experiences strengths and hor	pes?
	y?
Who has trust in me today?	
JUST FOR TODAY I will have a program; I will	try to follow it to the best of my ability.
Did I read from our literature today?	
What Steps did I consciously work?	
Did I admit my powerlessness today?	
Was I able to put my trust in my Higher Power	today?
What did I learn about myself today?	
Did I make any amends today? Do I	owe any?
Did I admit fault to anyone today?	
Did I worry about yesterday or tomorrow?	
Can I accept myself as I am today?	