# BALANCE SHEETS

Day _____Month _____Year_____

| Food | Money | |
|---|---|---|
| Breakfast | Item | Amount |
| | | |
| | | |
| Lunch | | |
| | | |
| | | |
| Dinner | | |
| | | |
| | | |
| Snack | | |
| | | |
| Exercise | | |
| | Total Spent Today | |
| Litres Water Hours Sleep | Quality of Life Today | % |

When we retire at night we constructively review our day. We remember we have ceased fighting anything and anyone—love and tolerance of others is our code.

**We Draw Up a Balance Sheet**

| The "Negative Side" (-) | The "Positive Side" (+) |
|---|---|
| Were we resentful? | Have we stayed clean of our addiction today? |
| Were we selfish? | Were we kind? |
| Were we dishonest? | Were we loving toward all? |
| Were we afraid? | What did we pack into life? |
| Have we kept something to ourselves? | Did we pray and meditate? |
| Were we thinking of ourselves most of the time? | Did we call someone we could help today? |
| Were we "disturbed" today? | Did we think of how we could help others? |
| Do we owe an apology? And if so to whom? | Did we study literature today? |
| What could we have done better? | Did we go to a meeting today? |
| Did we blame our feelings on someone else? | Did we call our sponsor today? |
| Do we need to write 10th Step on something? | Did we do anything that is improved over our past? |

Journal—Gratitude List—Tomorrows Action Plan

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