12 STEPPERS

Nightly Inventory

A one-page Step 10 review for AA, NA, Al-Anon and other 12 step programs

Review your day constructively, not harshly. Keep the answers short, always note what went well and save anything too big for tonight for a call with your sponsor. Print a copy for each night.

Date: _____

Today, was I...		Where, and what was my part?
Resentful?	☐ Yes ☐ No	
Selfish?	☐ Yes ☐ No	
Dishonest?	☐ Yes ☐ No	
Afraid?	☐ Yes ☐ No	

Do I owe anyone an apology? Who, and when will I make it?

Is there something I'm holding on to that I should talk over with my sponsor?

What went well today, and who did I help or encourage?

What brought me peace today, and what took it away?

Tomorrow I'll:

From the free Step 10 Worksheet at 12steppers.org. Free to print and share. Not affiliated with AA or any other fellowship.