Buck Creek Men's Retreat

DAILY DISCIPLINE WORKSHEET

STEP 10 IN ACTION

PAUSE • PRAY • PRACTICE • PROGRESS

"Continued to take personal inventory and when we were wrong promptly admitted it."
— ALCOHOLICS ANONYMOUS PAGE 84

1 MORNING COMMITMENT

START THE DAY WITH A PURPOSE.

"On awakening let us think about the twenty-four hours ahead."
— ALCOHOLICS ANONYMOUS, PAGE 86

- [ ] I prayed and asked for God's guidance today.
- [ ] I set my intention to be honest, kind, and useful.
- [ ] I asked how I can be of maximum service today.
- [ ] I committed to watching for selfishness, dishonesty, resentment, and fear.
- [ ] I chose an attitude of gratitude.
- [ ] I reviewed today's priorities.
- [ ] I will carry the message to someone today.

2 ATTITUDE CHECK

STAY AWARE THROUGHOUT THE DAY.

"As the day goes on we pause when agitated or doubtful and ask for the right thought or action." — ALCOHOLICS ANONYMOUS, PAGE 86

My attitude today was:

What feelings showed up?

Was I honest, open, and willing?

Where did I struggle?

3 AWARENESS & TRIGGERS

WATCH FOR SELFISHNESS, DISHONESTY, RESENTMENT AND FEAR.

TRIGGERS TODAY	MY RESPONSE
☐ Stress	
☐ People	
☐ Places	
☐ Work / School	
☐ Finances	
☐ Relationships	
☐ Old Habits	
☐ Self-Pity	
☐ Control	
☐ Other:	

4 SERVICE

LOOK FOR WAYS TO BE USEFUL.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."
— ALCOHOLICS ANONYMOUS, PAGE 89

How did I help someone today?

5 HONEST APPRAISAL

TAKE A TIME OUT AND BE HONEST.

"At the close of the day we review our actions from morning until now."
— ALCOHOLICS ANONYMOUS, PAGE 86

Where was I right today? (gratitude)

Where was I wrong?

Did I promptly admit my wrongs?

6 CORRECTIVE ACTION

TURN IT OVER AND MOVE FORWARD.

"We ask God's forgiveness and inquire what corrective measures should be taken."
— ALCOHOLICS ANONYMOUS, PAGE 86

What corrective action do I need to take?

Who do I need to apologize to or make amends with?

What can I do differently tomorrow?

7 EVENING PRAYER

LET GO AND TURN IT OVER.

"We ask God's protection and direction for the day to come."
— ALCOHOLICS ANONYMOUS, PAGE 86

- [ ] I thanked God for today.
- [ ] I asked for forgiveness.
- [ ] I released what I cannot control.
- [ ] I asked for strength, guidance, and the next right indicated thing.
- [ ] I committed to grow in honesty, humility, and service.

MY TOP 3 FOCUS AREAS FOR TOMORROW

1.
2.
3.

SMALL STEPS BIG CHANGES

TODAY I AM GRATEFUL FOR:

1.
2.
3.
4.
5.

NOTES / ADDITIONAL THOUGHTS:

SAME PRINCIPLES • HIGHER GROUND • ONE DAY AT A TIME