Buck Creek Men's Retreat

STEP 10: A DAILY REPRIEVE

PAUSE. PRAY. PRACTICE.

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

1 MORNING CHECK-IN

START THE DAY WITH A PURPOSE.

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day."
— ALCOHOLICS ANONYMOUS, PAGE 86

What are my intentions for today?

What attitude do I want to have?

How can I be of maximum service today?

2 THROUGHOUT THE DAY

STAY AWARE AND MAKE ADJUSTMENTS.

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

What situations or people triggered me today?

How did I respond?

What could I have done differently?

Where did I see my motives becoming selfish, fearful, or dishonest?

3 EVENING REVIEW

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?

What do I want to do differently tomorrow?

4 STRENGTH FOR TOMORROW

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 tomorrow to grow in honesty, humility, and service?

STEP 10 PRAYER

"Higher Power, I take a searching and fearless moral inventory of this day. Please show me where I was wrong, give me the willingness to admit it, and the courage to make it right. Help me to learn from my mistakes, let go of what I cannot control, and walk in Your will tomorrow. Thank You for another day of sobriety and the opportunity to grow."