

The Power of Daily Inventory

The Twelve Steps

Step-Working Guide · The Recovery Files

In this workbook

1. **The Power of Daily Inventory** — key ideas, worksheet
Each topic's scored self-assessment and mind map are in the app.

TOPIC

The Power of Daily Inventory

KEY IDEAS

The Power of Daily Inventory

A Conscious Way of Living

Daily personal inventory isn't just about finding faults; it's a foundational habit of examining thoughts, feelings, actions, and spiritual condition with honesty and consistency.

Thought Review

Cognitive Awareness

We examine dominant thought patterns: obsessive, fearful, or resentful thinking. We notice the quality of our internal dialogue and whether our thoughts support recovery.

Emotional Assessment

Feeling the Feelings

We accurately identify emotions experienced during the day, examine triggers, and assess whether we processed them healthily or suppressed/expressed them inappropriately.

Action Analysis

Behavioral Alignment

We review our actions: Did they align with our values? Did we act impulsively or thoughtfully? What was the impact on ourselves and others?

Motive Exploration

The 'Why' Behind the 'What'

We dig deeper to find true motives: Was I driven by fear, pride, self-will? Or by love, service, and spiritual principles? This reveals the root of our behavior.

Spiritual Condition

The Connection Check

We evaluate our connection with Higher Power: Did I rely on self-will today? Did I maintain gratitude? Was I of service? This is the barometer of our recovery health.

Spot-Check Inventory

Real-Time Adjustment

Beyond morning and evening reviews, we pause throughout the day to ask: How am I feeling? Am I aligned? Do I need to make a correction? This keeps us on track moment-to-moment.

WORKSHEET**Daily Inventory Framework****REVIEW****Thought & Action Review**

What thoughts dominated my mind today?

What actions did I take today? (Impulsive vs. Thoughtful)

What emotions did I experience?

MOTIVES**Motive Exploration**

Where did fear, pride, or self-will drive my behavior?

When did love, service, or spiritual principles motivate my actions?

PATTERNS**Pattern Recognition**

Recurring themes or triggers noticed this week:

Progress in character development:

ADVANCED

Advanced Techniques

Spot-Check Inventory: How am I feeling right now?

Spiritual Condition Check: How connected am I?

Values Alignment: Did my actions match my principles today?
