ONE MONTH EASY INVENTORY

If you're getting started with the 10th step -- or anytime you're feeling off the beam -- this chart will help you spot parts of your sobriety that might be lacking.

You can start at any time. In the column that corresponds to today's date, check off the things you did to help your sobriety. If you start in the middle of the month, just cycle back to the 1 column when the next month starts.

month:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Did I go to a meeting?																
Did I pray?																
Did I call my sponsor?																
Did I call another alcoholic?																
Did I help anyone?																
Did I do service?																
Did I meditate?																
Did I fellowship?																
Did I read any literature?																

	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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